

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking

228th Issue

August 1997

\$2.50

1000 to Compete in 30th Annual National Championships in San Jose

More than 1000 athletes from most of the 50 states, Canada, and some foreign countries will participate in the 30th annual USA National Masters



Lorna Squyer, W40 10,000 winner (42:52), 1996 USATF National Masters Championships, Spokane, Wash. This year's meet is in San Jose, Calif., Aug. 7-10. Photo by Jerry Wojcik

Track and Field Championships on August 7-10 in San Jose, Calif.

The event will be held on the blue, eight-lane track at San Jose City College, host of the 1984 and 1987 USA Open T&F Championships, the 1995 Junior Olympics and the Bruce Jenner International Classics.

Competition will be held in five-year age groups for both men and women from ages 30-34 to 95+. There are no qualifying standards to enter the meet, except to be at least age 30.

Late Entries to August 4

The entry deadline was July 11. However, meet organizers will accept late entries up to Mon., August 4 with a \$50 penalty fee.

Awards to First Three

The first three U.S. finishers in each event will receive an official USATF Championship medal. Duplicate awards will be given to foreign athletes who place.

Free shuttles will be provided to and from the college, the dorms and the Hyatt San Jose throughout the Championships.

Athletes' Meeting

The general athletes' meeting will be held on Friday following competition, and is open to all. Age-group awards will be presented, and an open discussion will follow. Details of time and place will be in the competitors' packets.

Barbecue

A post meet barbecue, open to all athletes and their guests, will be held at the end of competition on Sat., August 9, at San Jose City College. There will

Continued on page 5



All 16 entrants at the start of the National Masters News Age-Graded Mile, Hayward Masters Classic. John Keston, 72, fourth runner from the left, was the age-graded winner with a 90.5% 5:51.44, also a single-age U.S. record. Paul Heitzman, 66, first runner on the right, was second with an age-graded 90.0% 5:28.77.

Photo by Jerry Wojcik

Bulkley Breaks Two World Records

Record 270 in Hayward Classic

by JERRY WOJCIK

EUGENE, Ore. — A record 270 athletes, age 30 and over, entered the 17th annual Hayward Classic Masters Track & Field Meet at Eugene's Hayward Field on June 28-29. The

total number surpassed the previous high in 1996 by a half-dozen participants in the meet, which featured three age-group records by athletes who cleared barriers.

Continued on page 7

Khiterman, Horovitz Top Masters

5468 Finish Grandma's Marathon

by JANNA WALKUP

Challenged by the second-hottest Grandma's Marathon in the event's 21-year history, Lev Khiterman of

Russia and Gillian Horovitz of New York City, powered to masters wins on June 21 in Duluth, Minn.

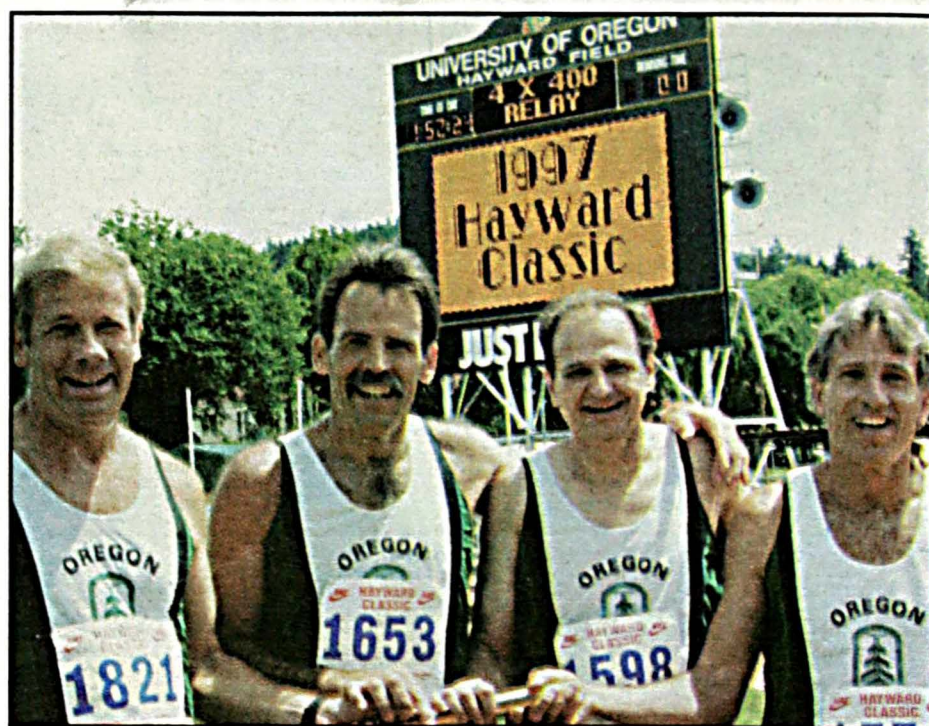
Khiterman, 45, picked up \$1000 in prize money en route to a 2:25:47 clocking. Steven Ward, the top M40 finisher (2:30:49) pocketed \$700, while third-place masters finisher Rob Whetham (2:32:22) picked up \$300 and second place in the M45 division.

Horovitz, in her sixth Grandma's appearance, took home \$1000 for her efforts in winning the overall women's masters title as well as the W40 title

Continued on page 7

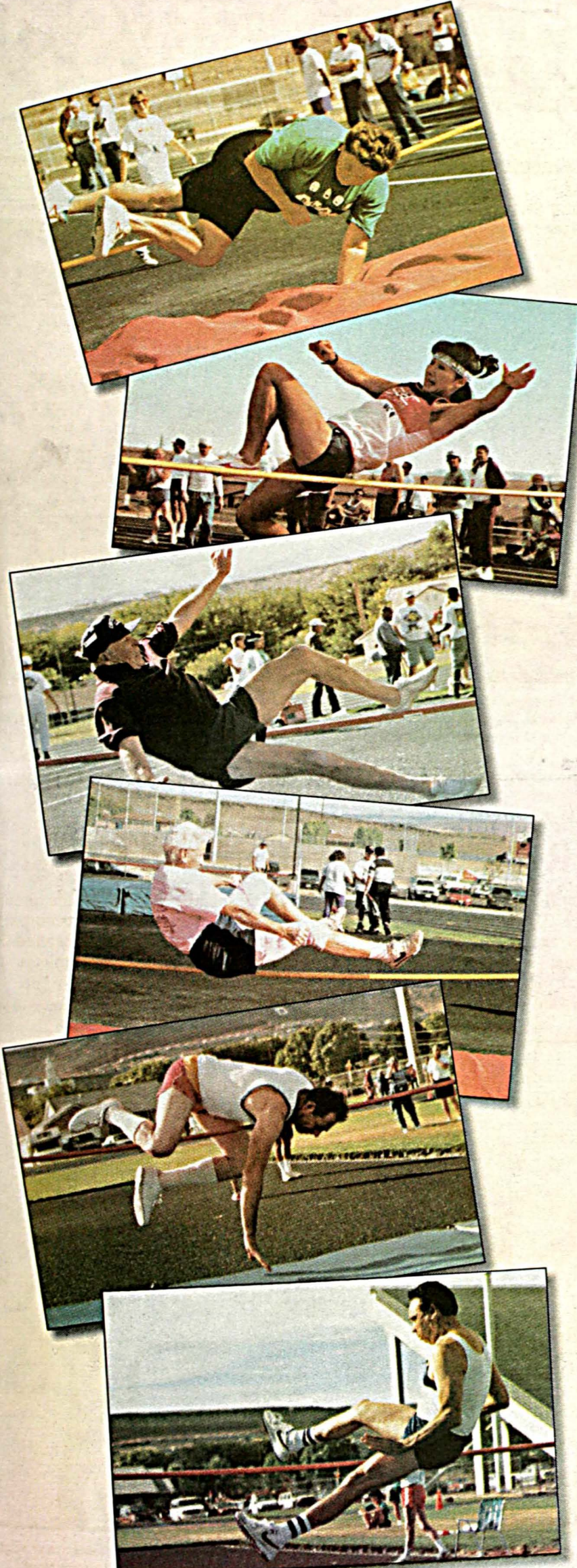
INSIDE:

- USATF Director Chosen —page 9
- Race for the Cure —page 12
- Oceania Preview —page 19



The Oregon TC Masters M50-59 4x400 team of (from left) John Teising, Larry Norris, Geoff Hughes, and Wayne Gripp after running a 1997 season best 3:52.68, Hayward Classic Masters Meet

Photo by Suzy Hess



The Right Way For Seniors To Cross The Bar

Study after study shows that active seniors live happier, healthier, longer lives – or does it just seem that way?

If you are interested in finding out what 3,500 senior athletes (50 and above) from all over the United States and a dozen foreign countries think about it, join them at the eleventh annual Huntsman World Senior Games in St. George, Utah, October 13-24, 1997.

Competition includes cycling, softball, swimming, tennis, bowling, racquetball, track and field, basketball, golf, horse-shoes, table tennis, triathlon (individual and team), basketball free throw and 3-point shoot, mountain biking, bridge, volleyball and road racing events.

Huntsman World Senior Games Eleventh Anniversary

St. George, Utah – October 13-24, 1997

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CONTENTS

USATF Officers	3
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Five Years Ago	6
The Foot Beat	8
NMN Contact Numbers	9
Racewalking	10
Ten Years Ago	10
Fifteen Years Ago	11
On the Run	12
Trojan Masters Meet	13
The Weight Room	14
Training Advice	16
Speaker's Corner	17
T&F Rankings Report	18
WAVA Officers	18
WAVA/USATF Specs	18
Masters Scene	20
Schedule	21
All American Standards	23
Results	24
New Age Groups Athletes	34

FEATURES

Preview of Nationals	1
Hayward Classic	1
Grandma's Marathon	1
Age Graded Distances	5
Sites of Nationals	5
Las Gatos Meet	8
Randolph Classic	8
Texas Meet	8
USATF Director Chosen	9
RW for Fitness	11
Race for the Cure	12
Portland Meet	15
Club West Preview	16
Oceania Games Preview	19

ENTRY FORMS, ETC.

Huntsman Senior Games	2
NMN Subscription Form	4
Myrtle Beach Marathon	5
Oregon Track Equipment	7
Blue Ridge Running Retreats	8
The Master Board	9
Masters Age Record Book	10
Alongi Intl. RW Classic	11
Run by the River	12
Publications Order Form	13
Celebration of Sr. Wellness	14
On Track	15
No. Calif. Track Classic	15
T&F Ranking Books	16
San Diego Senior Olympics	17
Puerto Rico Meet	19
Oceania Games	19
Track & Field News	20
Age-Graded Tables	34
Stretching Video	35
Endurox	36



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The *National Masters News* is devoted exclusively
 to track & field, long distance running, and race-
 walking for men and women over age 30. Each
 month it delivers 32 to 48 pages of results, sched-
 ules, entry forms, age records, rankings, photos, ar-
 ticles, training tips, and all the inside scoops and
 information that affect the world of masters athletics
 competition.

Some masters events are sponsored by USATF, the
 national governing body for athletics in the USA.
 Some are sponsored by individuals, clubs or other
 senior organizations.

Generally, anyone age 30 or over may come to a
 masters event and participate. Some events are lim-
 ited to age 40 +, 50 + or 55 + (please check the
 schedule for details). Some events require advance
 registration. Some require a current USATF card
 (\$12 to \$15 per year, depending on the region). To
 inquire about a USATF card, call USATF in your
 area, or 317/261-0500. There are no qualifying stan-
 dards for most masters athletics events.

NMN welcomes contributions — results, schedule
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 Manuscripts should be typed, doubled-spaced, but
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\$200 ENTRY FEE

There has been an increasing trend in professional sports to charge higher and higher admission fees. This trend now seems to be taking place in masters athletics with the proposed \$200 entry fee for the Nike World Masters Games.

There is no justification for a World Masters Games' Track & Field management fee of \$188,000 (25% of total costs), as noted in Ken Weinbel's Track & Field Report in the May issue of the *National Masters News*. It seems that masters track & field and LDR athletes will also have to pay for "Operations out of the Portland Office" (57% of those costs).

If these outrageous fees are accepted by the masters community we can expect similar fees for future events.

I strongly urge that we express our displeasure by not participating in this "rip-off."

Robert G. Fine
Delray Beach, Florida

EARLY REGISTRATION

The practice of meet and race directors requiring early registration (almost a month for the 1997 Nationals in San Jose) and not allowing late registrations needs to be examined. Early registration, as it stands now, penalizes athletes, especially if they must withdraw because of injury or extenuating circumstances.

I have requested USATF Masters T&F Chairman Ken Weinbel to

include this matter on the agenda for discussion at the athletes' meeting in San Jose. I would like to present some ideas on how to eliminate the need for early registration and reduce the amount of pre-meet paperwork (seeding of heats, for one).

Andrew Hecker
Ventura, California

NEW AGE-GROUP ATHLETES

I have been a subscriber to NMN for many years and never have been listed when I moved to another age group. Before I renew my subscription, I would like an explanation as to why I have always been left off your list.

Joe Cusic
Portland, Oregon

(The list is compiled by Pete Mundle, World and USA Masters Track & Field Records Chairman, and is composed of athletes who, at one time or another, have set a single-age record in an event. The list is not created to let an individual know when his or her birthday is, but to let others know. NMN has twice asked the USATF home office in Indianapolis for a complete list of all USATF-registered masters' birthdates, but USATF has refused, citing reasons of "privacy." — Ed.)

JAVELIN CLINIC

I conduct a javelin clinic every Sunday at noon at Saddleback College in Mission Viejo, Calif. For the past

eight months, I've been coaching five masters throwers. We look forward to our workouts and informal competition and throw until we get tired. I coach and motivate at a very high level, but we also have a lot of fun.

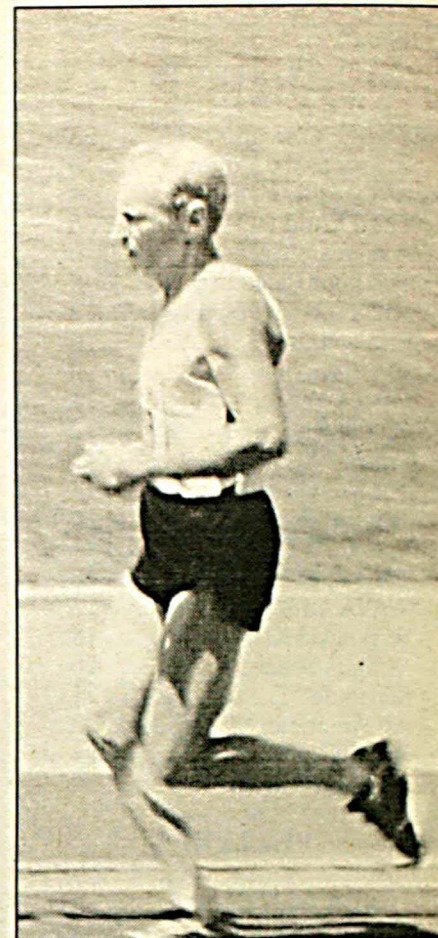
Please call me at 714-586-8995 for information or just show up at Saddleback College off the I-5 Freeway at Avery in Mission Viejo. I guarantee at least a 30-foot improvement at any level. Children over 12 are invited.

Larry Stuart
El Toro, California

NO FALSE START RULE

Unaccustomed as I am to disturbing the status quo, I find myself strangely compelled to reply to Starter-Sprinter-Director Hank Nottingham's even stranger defense of his position on having the "no false start" rule rescinded. After reading his wordy effort in Speaker's Corner (July NMN), I can feel his personal and individual passion in desiring to bring down the entrenched power structure that now exists within the masters USATF organization, which, through its "power and influence" have railroaded this particular bit of ugly legislation into being. Though I can't quite gather his reasoning, as it tends to fall back upon itself, I do, I believe, "feel his pain."

I'm sure he can substantiate his claim of 80-90% of sprinters nationwide feeling as he does. But without some factual evidence, it seems unfair to make such a claim. Claiming that this huge percentage harbors a "burning resentment" for the "abuse" of the rule, seems to be an effort to incite the masses to rebellion based on his own personal dissatisfaction. I say that because I'm not at all certain regarding the dimensions of his cross-section of information. For example, every person that I have talked to since his plea came forward, has said that they really like the rule the way it is — all three



Bill McChesney, 69, finished the 5000 in 21:13.62, Portland TC Masters Meet, Gresham, Ore., June 14-15. Photo by Suzy Hess

(my mother and both of her canasta partners).

In no way would I endeavor to prevent him from stating that "a small group of people for a number of years have refused any consideration of what the vast majority really wanted," but wouldn't it have more meaning if he were to name those people and enumerate their transgressions of inconsideration?

At any rate, Hank appears ready to do battle with the establishment. It would seem that he has already formed a boycott of himself and "some" others who now refuse to compete where the rule is enforced. (I wondered where all the sprinters had gone!) Failing in that maneuver, or simply desirous of speeding up the process, he has purchased a "Petition" that can be sent in expressing the dissatisfaction of all of those who are dissatisfied. Nothing

Continued on page 9

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Each month, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

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Paul Heitzman
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Preview of Nationals

Continued from page 1

be a special guest speaker. Cost of the barbecue is \$20.

Declarations

Athletes must make a final declaration (sign-in) in person at the track at least two hours prior to the listed start time for the event. Athletes who do not sign in, will be scratched from that event.

Relays

Relays must be comprised of duly accredited athletes from a single club, association, or region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is \$40 per team.

Special Events

The popular, annual age-graded 100-meter races for men and women will again be staged. Based on the WAVA age-graded tables, the races will feature the winners of each 100-meter final (see distance handicaps below). The races will be held Sunday afternoon and are sponsored by the *National Masters News*, with \$300 prize money (\$75 first, \$50 second, \$25 third) for each race.

Athletes' Packets

Athletes' packets will include time schedules, updates, bib numbers and medical information. The packet pick-up area will be located in the main gymnasium at City College, adjacent to the track.

Officials

All officials will be certified USATF officials. Many have worked USATF Championships as well as the Bruce

Jenner meet.

Jim O'Neil

San Diego's Jim O'Neil, the only athlete to compete in all 29 National Masters Championships, is expected to be on hand to keep his streak alive.

Transportation

San Jose International Airport is just three miles from downtown San Jose. Two other airports, in San Francisco and Oakland, are within 45 minutes of San Jose.

Amtrak links San Jose to Sacramento and connections throughout Northern California and the USA. CalTrain links San Jose to all cities along the 50-mile route to San Francisco. The San Jose train station is located in downtown San Jose, within walking distance of many of the hotels.

A new county-wide light rail system ties major downtown San Jose stops with area attractions, shopping and dining.

A list of major hotels and dorms was published in the July NMN.

Weather

The weather should be ideal, with temperatures in the mid-70s or 80s, low humidity and virtually no chance of rain.

Sightseeing

San Jose is at the center of the world's top technology region. San Francisco is an hour's drive north, Monterey/Carmel is an hour south, and Yosemite National Park is three hours east.

Attractions include the Children's Discovery Museum, Raging Waters amusement park, Great America theme park, the Winchester Mystery House, the Tech Museum of Innovation, the Santa Cruz beach and boardwalk, and

the Monterey Bay Aquarium.

Other available activities include a day of golf and sightseeing on the Monterey Peninsula and a tour of one of the region's fine wineries. The organizing committee will help to arrange easy day trips or excursions to points beyond.

Demographics

San Jose is the third largest city on the West Coast and the 11th largest city in the USA. With a population of 805,000, San Jose is larger than San Francisco; Boston; Washington, D.C.; Seattle; Miami; Denver; and New Orleans.

The city possesses a new convention center, luxury hotels, modern transportation, fashionable boutiques and shops, and lively entertainment. A \$2 billion downtown renaissance has created a vital urban center. San Jose ranks as one of the safest big cities in the USA, scoring the lowest crime rate among the 36 largest U.S. cities in two consecutive years.

Fifteen hundred of the 2500 largest electronics firms in the U.S. are located within a 30-mile radius of downtown San Jose. The fifth largest TV market in the U.S., San Jose ranks third in the U.S. in median household income, with \$45,622. Nearly three million people live within a 30-mile radius of downtown San Jose.

Results

Complete results of the meet will be published in the September issue of NMN. □



Paul Fragua, Albuquerque, N.M., winning the M35-39 800 (2:02:37) in the 1996 USATF Masters Championships in Spokane. This year's championships are scheduled for Aug. 7-10 in San Jose, Calif. Photo by Suzy Hess

DISTANCES TO BE RUN IN AGE-GRADED RACES

Age	Men	Women	Age	Men	Women
30	100.0	100.0	66	79.7	76.7
31	100.0	100.0	67	79.0	75.9
32	100.0	100.0	68	78.3	75.1
33	100.0	99.7	69	77.6	74.3
34	99.3	99.0	70	76.9	73.6
35	98.6	98.2	71	76.1	72.7
36	98.0	97.5	72	75.3	71.8
37	97.4	96.8	73	74.5	71.0
38	96.7	96.0	74	73.7	70.1
39	96.1	95.3	75	73.0	69.2
40	95.4	94.6	76	72.1	68.3
41	94.8	93.9	77	71.2	67.3
42	94.2	93.2	78	70.4	66.4
43	93.6	92.5	79	69.5	65.4
44	92.9	91.8	80	68.6	64.5
45	92.3	91.1	81	67.7	63.5
46	91.7	90.4	82	66.7	62.4
47	91.1	89.7	83	65.8	61.4
48	90.5	89.0	84	64.8	60.4
49	89.9	88.3	85	63.9	59.3
50	89.3	87.6	86	62.8	58.2
51	88.7	87.0	87	61.8	57.1
52	88.1	86.3	88	60.8	56.0
53	87.6	85.6	89	59.7	54.9
54	87.0	85.0	90	58.7	53.7
55	86.4	84.3	91	57.6	52.6
56	85.8	83.7	92	56.4	51.3
57	85.2	83.0	93	55.3	50.1
58	84.7	82.4	94	54.2	48.9
59	84.1	81.7	95	53.1	47.7
60	83.5	81.0	96	51.8	46.4
61	82.9	80.3	97	50.6	45.1
62	82.3	79.6	98	49.4	43.8
63	81.6	78.9	99	48.2	42.5
64	81.0	78.2	100	47.0	41.2
65	80.4	77.5			

SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

1	1968	San Diego
2	1969	San Diego
3	1970	San Diego
4	1971	San Diego
5	1972	San Diego
6	1973	San Diego
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta, GA
12	1979	Gresham, OR
13	1980	Philadelphia, PA
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston, TX
17	1984	Eugene, OR
18	1985	Indianapolis, IN
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego
23	1990	Indianapolis, IN
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA
31	1998	Orono, ME
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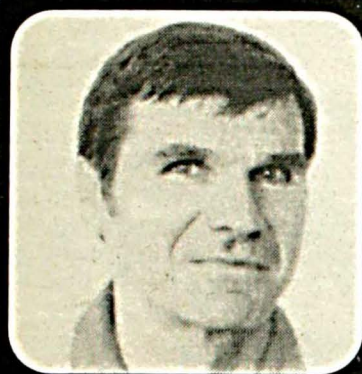
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Third Wind

by MIKE TYMN

Home-Tested Tips From The Internet

If you're looking for information on track & field or road racing, the Internet has dozens of different sites to visit. You can get expert coaching advice, scientific articles, results, records, profiles, and stories. You can look for soul mates or hook up with sole mates by letting others know your specific needs or communicating directly in a chat room.

There's also all kinds of home-tested advice from everyday runners, little tips that you don't always find in books or publications. One selection in the *Runner's World* site has about 40 such suggestions. Here are some selected tips ranging from baby wipes to but-tocks-tightening that may help you in the pursuit of your goals.

Baby Wipes: "On long runs I carry a few baby wipes in a small zip-lock sandwich bag," writes someone identified only as DSruns. "They stay cool to wipe your face in hot weather and they're there for that emergency pit stop when the port-a-john is out of paper."

Hot Peppers: Mild poblanos to fiery hot jalapenos are low in calories, nearly fat-free, loaded with vitamins A and C, and can increase calorie burning by as much as 25 percent according to an unidentified contributor, who believes many competitors are missing out by not including these as part of their regular diet. Moreover, the writer states that they contain a chemical called capsaicin that may be an anti-cancer agent.

Match Books: Andrea 534 recommends wedging a match book under your heel if you have an Achilles tendon problem. "This will help reduce the stress," she explains. She goes on to



Pat Donohue, 43, and Bill Vesey, 48, both from Alexandria, Va., who finished in the same time of 64:20, George Washington Parkway 15K, Mt. Vernon, Va., April 20. Photo by George Banker

FIVE YEARS AGO August, 1992

- 25th National Masters T&F Championships Held in Spokane
- 230 Compete in Hayward Classic in Eugene
- Pierre Levisse, 40, defeats Nick Rose, 40, in Steamboat 4-Mile in Peoria
- Doug Kurtis (40, 2:23) and Sharlet Gilbert (41, 2:38) Top Masters in Grandma's Marathon

say that you should never stretch a tight muscle during a long run. "While stretching the muscle might make it feel better, you might also injure the muscle. I learned that the hard way."

Milk Jugs: If you want to run at work but don't have a place to shower, Chris Presley of Chattanooga, TN, recommends filling up milk jugs with water and taking them to work with you. "My husband and I put two three-gallon milk jugs full of water in the back of his pick-up before heading to work in the morning," she explains. "After our afternoon runs, we use one each to 'shower' in the parking lot. We then change in a local bathroom or in the bushes and go on with our evenings without having to go home to change."

Trout Lip: "Envision a trout when you bring it out of the water," writes Bruce Willenbrock of St. Charles, MO. "It's bottom lip is always hanging down. While on a long relaxing run, droop your lower lip and jaw in the same manner and the rest of your body parts will relax with it. My partner and I use this method while marathon training and it really makes a big difference." (But try not to look too unhappy.)

Nipple Covers: To solve the problem of nipple chafe from singlets, Pat Caffrey of Massapequa, NY., recommends placing band aid "dots" over the nipples rather than the more common Vaseline method. The Vaseline wears away, but the dots will stay on for an entire marathon, Caffrey explains.

Reverse Running: Donald Davis of Cape Cod recommends reverse running as a way to improve your forward running. He doesn't say why, but apparently it strengthens or stretches the legs in ways that forward running doesn't. Davis suggests using a track until you get the hang of it.

Hip Alignment: If your hips are out of alignment, Kristin S. of Boulder, CO, advises you to slowly walk backward for five minutes at a time and repeat it throughout the day. Kristin says it will not correct the problem but will provide temporary relief.

Dog Defense: Allison Perry of Seminole, FL, doesn't throw rocks at attacking mongrels. Rather, she gets low to the ground and looks the dog straight in the eye while pointing at it. "It's a sure remedy, trust me," she says. (But you might experiment with a few other breeds before doing it with a pit bull.)

Winged Running: For faster downhill running, tuck your hands in close to your armpits and let the arms hang at about 45 degrees, advises Jerry Johns of Elizabethtown, PA. "It gives you a lower center of gravity and it's much easier to run downhill."

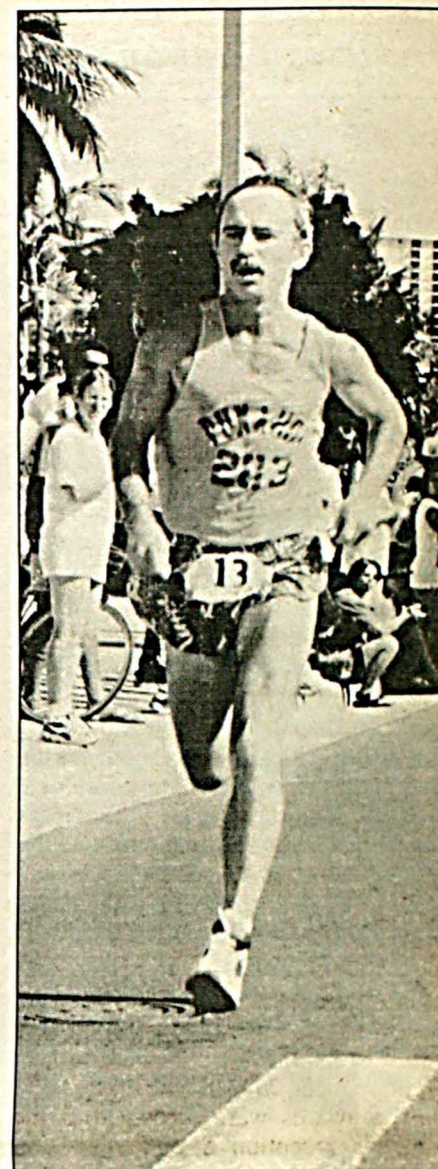
Environmental Running: Terry Stockdale of Casper, WY, picks up aluminum cans while running, flattens them, and tucks them in his shorts. "The kids get extra dollars from recycling; it cleans the environment and breaks up the monotony of easy and long runs," he reports.

Substitute Hills: If you don't live close to hills, Wiz5347 of Neenah, WI, recommends running up parking ramps in buildings at least five stories high. "I suggest running in the center of the ramp," he says. "This way, if a car backs out, the driver will see you and you'll be able to move to the safe side."

Reverse Bra: Becky Hayward of Toledo, OH has found that turning her bra and underwear inside out helps prevent chafing. "Plus, it's more comfortable," she adds.

Shampooed Feet: Putting a little shampoo on your feet helps prevent blisters, according to JMH0428.

Horse Liniment: If you have Achilles tendon problems, try soaking



Michael Georgi, 44, first master (22:06), King Kamehameha Kukini 4 Mile, Honolulu, June 7. Photo by Tesh Teshima

an ace bandage in horse liniment and then wrap it around the affected area. "The liniment relaxes your muscles, ligaments, and tendons, and acts as another bracer," offers William Huston.

Tight Buttocks: "While jogging, concentrate on tightening the buttocks," advises Wmccarth@aol. "After a while it becomes a habit and unnoticeable. I found it eliminated bouncing and led to a sort of gliding easy ride."

Pipe Cleaners: Ellen Adams of Farmington, MI, recommends using pipe cleaners to make shapes of your running goals. "We keep our pipe cleaners with us all day before the race; it helps your mind realize your goals."

Forced Yawn: "Before I head out on a long run and during the first mile or so, I gently force myself to yawn," writes Taylor Baird of New York City. He says it relaxes the body and the mind and allows you to continue on "auto pilot."

Play Time: When kids complain about mom going out for a workout, Gayle Berryman of Mililani, HI, recommends telling them you're going "to play." She says kids understand that, so they can't imagine mom not running. □

(Comments, suggestions, ideas, insults, whatever, can be sent to Mike Tymn at METGAT@aol.com)

Hayward Classic

Continued from page 1

On Saturday, Dan Bulkley, 80, Phoenix, Ore., broke the M80-84 world record of 11:39.03 held by Eugene Keller for the 2000m steeplechase with an 11:11.20. John Hepner, 65, Springfield, Ore., lowered the M65-69 U.S. record of 8:23.74 by Avery Bryant for the steeplechase with an 8:10.29. On Sunday, Bulkley erased the world record of 68.0 by Karl Trei for the 300mH with a 65.03.

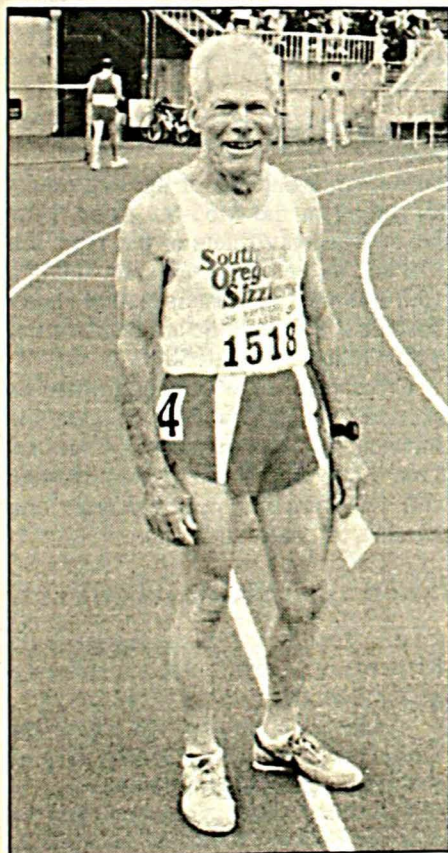
In the *National Masters News* Age-Graded Mile, John Keston, 72, McMinnville, Ore., the 1996 USATF Masters Long Distance Runner of the Year, ran a 5:51.44 to win the NMN \$50 award, with an age-graded 90.5%. The field consisted of 14 men and 2 women, ages 32 to 72. Keston's time was also a single-age world best.

Paul Heitzman, 66, of Kansas, 1997 M65-69 indoor champion in the 800, 1500, and 3000, was the second-best miler with a 90.0% 5:28.77, for which he received a \$25 award from the NMN. The overall winner was Dale Londos, 32, of Eugene, in 4:25.53.

Montana's Tom Gage, 54, ex-Olympian in the hammer, won a \$25 prize from the Seattle Masters Athletic Club for the best age-graded weight throw of 53-3/4 (79.3%) with the 35-lb. implement.

The awards were presented at the athlete's reception Saturday evening hosted by the Oregon Track Club Masters, the meet sponsors, at the meet headquarters Phoenix Inn.

Lance Deal, silver medalist in the hammer at the 1996 Atlanta Olympics and holder of the U.S. hammer record and weight throw world record, con-



Dan Bulkley, 80, broke M80-84 world records for the 2000m steeplechase (11:11.20) and 300mH (65.03) in the Hayward Masters Classic Meet.

Photo by Jerry Wojcik

ducted a clinic sponsored by the *National Masters News* on Saturday.

In the sprints, Paul Edens, 56, Portland, Ore., with a 92.2% 12.46 in the 100m, and Mary Libal, 47, Corvallis, Ore., 1996 USATF Masters T&F Woman Athlete of the Year, with a 91.6% 13.09 in the 100m, were the top performers. Cindy Steenbergen, 43, of Texas, won the W40 race with a 90% 12.92.

Jack Craig, 47, ran the 110mH in an A-G 92.3% 16.00. Keith Nelson, 42, high jumped 1.96/6-5, an A-G 92.4%.

World record holder Joe Keshmiri, 59, Reno, Nev., hit a 15.32/50-3 mark with the 6kg shot for the meet's top age-graded performance of 100%. Record holder Ross Carter, 83, of Eugene, was the best in the discus, with an 89.9% 33.40/109-7.

Ninety-three-year-old Myra Fromme, of Eugene, who ran the 100, was featured in local television sportscasts. Results and short articles on the meet were published in the *Eugene Register-Guard*.

The team competition, instituted in 1996, was again won by the host Oregon TC Masters, whose men and women outscored their counterparts from the Portland Masters TC, winning by a total of 1184 to 798. The Seattle Masters AC, predominantly throwers, scored 146.

Participants found the weather almost perfect on both days, except for a slight shower on Saturday. The usual large number of meet officials, volunteers, and support staff that characterize Hayward Field meets was on hand.

Despite some glitches in the reporting of results on the first day, athletes gave the meet high marks. At the athletes' reception, Paul Heitzman, second in the Age-Graded Masters Mile and winner of the M65 3000 (10:56.15), said, "We don't have anything like this for masters in Kansas. I hope to be back next year."

The meet was also the USATF Oregon Association Masters Championships. The first eligible finisher in each event was awarded an association championship patch.

As participation in masters meets below the national championships level appears to be stagnant, the Hayward Classic keeps growing on its reputation for being a high-quality meet. It's one of the few meets that keeps meet records, which were published in the program, along with the Oregon Association Championships records.

Ruth BreMiller and Frank Lulich were the meet directors. Dick Lee served as meet referee. Miles Smith was in charge of computer operations.

The major sponsors were Pacific Continental Bank, Carter & Carter Financial Center, Duncan & Brown Real Estate Appraisers, and Oregon Track Equipment. The cities of Eugene and Springfield contributed the use of Hayward Field for both days. □



In her sixth appearance at Grandma's Marathon, England native and NYC resident Gillian Horovitz wins the masters women's race in 2:52:50 in Duluth, Minn., June 21.

Photo by Jeff Frey & Associates

Grandma's Marathon

Continued from page 1

(2:52:50). W45 winner, Marina Jones, also cracked the three-hour barrier (2:58:20) and picked up \$700 in prize money. Third-place women's masters finisher (second in W40), Jean Davis, earned her \$300 with a time of 3:00:11.

Other top masters times were turned in by John Keston, first M70 (3:08:01), Gloria Jansen, W50 winner (3:08:36), and Robert Behrens, M50 champion (2:51:31).

The race started at 7:30 a.m. with humidity at 90%, and a temperature of 61 degrees which climbed to a high of 82 degrees under clear skies.

This year's Grandma's Marathon had 7470 entries, the most in 12 years. There were 5468 official finishers — 3840 men and 1628 women. □

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Flat Feet

Q I am a 56-year-old runner with flat feet. My condition has never bothered me very much until recently when I decided to increase my training efforts. After a hard workout, the muscles in my lower leg and foot become very sore and swollen. Will flat feet cause this problem? What can I do to eliminate the soreness?

A The pros and cons of flat feet have been debated in athletic circles for years. Some flat feet range in severity from a very mild forefoot deformity to a foot that becomes unstable during normal walking.

The forefoot deformity, which allows the foot to over-pronate or turn and twist excessively, can cause painful leg fatigue by making the muscles and tendons of the foot contract prematurely. This condition can also put stress on the lower leg and cause muscles to over-compensate.

Since you are only experiencing discomfort as a result of an increased training schedule, it would seem that cutting back your workout routines should help alleviate the problem. Also, switching to proper-fitting shoes

is a good idea.

If the condition remains the same or worsens after you reduce your running, it would be advisable to have a thorough biomechanical examination by a foot specialist. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)



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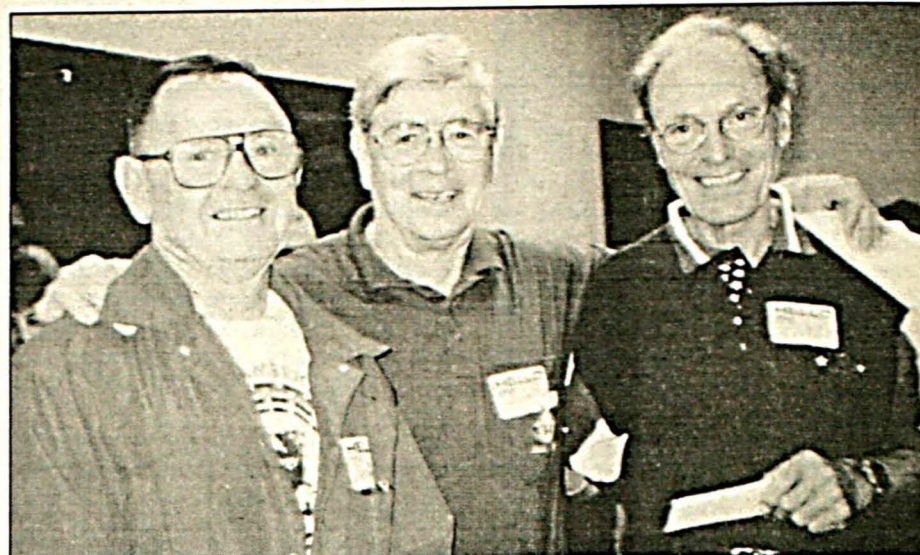
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Jerry Wojcik (center), *National Masters News* Senior Editor, with top performers in the NMN Age-Graded Mile, Hayward Classic Masters Meet, Eugene, Ore., June 28-29. John Keston (right), 72, received a \$50 prize for his age-graded best 90.5% 5:51.44. Paul Heitzman, 66, was awarded a \$25 check for the second-best performance of 90.0% 5:28.77. The awards were presented at the athletes' reception on Saturday evening at the Phoenix Inn in Eugene. Photo by Suzy Hess

Stiff Winds Challenge Los Gatos Athletes

Strong winds spoiled any chances at records by some of the top masters sprinters in the U.S. at the Los Gatos Open & Masters Meet at Los Gatos High School in Northern California on June 14, but didn't diminish the degree of competition.

In the 100, Marty Krulee won the M40-44 race over Kevin Morning, 10.6 to 10.9, but Morning showed more stamina in winning the 200, 21.9 to 22.1. Sprinter and world record holder Irene Obera, W60, posted wins in the 100 (13.9) and 200 (29.3). National champion at Spokane in 1996, Don Cheek won the M65 100 in 13.1. Former Senator Alan Cranston, 83, California, on the mend from prostate cancer, ran the 100 in 19.8.

Dave Salazar, M45, ran the fastest times for M40-and-over runners in the 400 (55.1) and 800 (2:06.9). Dee Dee Grafius, national record holder in the

800, won the W45 race with a 2:26.4.

In the high jump, Keith Nelson, M40, managed a 6-4, despite swirling winds.

Ron McKee, M35, stole the show in the throws with a 55-11½ shot put and a 154-4 hammer throw with the 16-lb. implements. John Hansen took the M35 javelin throw with a 174-6. World record holder in the shot, Joe Keshmiri, M55, was the top discus thrower of the day at 164-3.

Dick Petrucci, M65, in 28:08.8, and Joan Nedelco, W50, in 28:14.6, recorded event best times in the 5000 racewalk.

The steeplechase was held at West Valley College, and the throws at KELfield, Santa Cruz. Many of the meet's participants are expected to compete in the 1997 National Masters Championships to be held in nearby San Jose on August 7-10. □

Stookey Excels at Randolph Classic

by TOM HARTMAN

The 12th annual Randolph Classic T&F Meet, June 22, was again a New Jersey picnic for 67-year-old James Stookey. The 1996 Masters Athlete of the Year had a septuplicated spree of running and jumping victories before sidling up to the barbecue. Five of Stookey's wins were world class, age-grading at 90% or better. His long and triple jumps were merely in the 89% level.

While Stookey rested, thrower Len

Olson, 65, won four of the five events remaining in the M65-69 group. New Jersey Masters Athlete of the Year, Jim Manno, 76, had three wins, including a 15.0 100m mark. Masters Hall of Famer Toshiko d'Elia, 67, kicked off the meet with a relaxed 24:43.0 5000.

Other athletes whose performances exceeded the A-G 90% level were Joe Johnson, 52, Alex Johnson, 64, and Ed Cox, 69, in the 100; Sal Allah, 37, 400; and Olympian steeplechaser Vic Zwolak, 59, mile. □

Tunnickliff, Richards Star in Texas Meet

by JERRY WOJCIK

Sue Tunnickliff, 60, and Dick Richards, 63, had Texas-size marks in Dallas at the Texas Masters T&F Championships, July 5. Tunnickliff, of Oklahoma, increased the W60-64 world pole vault record of 1.85/6-¾ by Leonore McDaniels to 1.90/6-2¼.

Richards, of California, topped all age-graded performances with a 97.3% 12.41 in the 100. Second-place was Paul Johnson, 62, at 94.8% with a

12.63. The 200 was a reprise with Richards at 25.60/95.9% and Johnson at 25.63/95.0%.

Cindy Steenbergen, 43, won the 100 (12.82) and 200 (25.74), also in worldclass 90+% level times.

Courtland Gray, 53, went over the 400H in a 93.3% 61.48. Mack Stewart, 59, won the 800 with a 91.2% 2:18.19. Wendell Palmer, 65, with a 93.2% 13.70 in the shot put, was the best thrower of the meet. □

Write On

Continued from page 4

wrong here, except that all the cross-section of the petition will show is those in *disfavor*. If Hank is truly interested in what the "masses" want, shouldn't he ask for a plus or minus vote on the issue? As I recall, that's exactly the way it was done at the last general meeting when it was brought to the floor.

Certainly I agree with him that it costs a lot of money to go to and participate in any meet (\$500-\$1000), but if money is the central issue (or part of it), how much would I have to expect to pay for a couple more extra false starts or a couple more extra throws or jumps? Can money really be any part of the logic? How about allowing the rule to remain in effect if the meet only costs each sprinter six dollars? (Okay, three!)

Not being all that erudite on the physical and psychological dynamics of starting, I still don't quite follow how, as a master sprinter, this has anything to do with awarding another false start. A simple recommendation is this: When you hear the gun - start running!

The toughest for me to assimilate from his article was the part about, "It's not the sprinters' fault, it's the starters!" Boy, I'll bet he's glad those starters only use blanks in their pistols.

Not being a starter such as Hank, I can only draw on my personal experience as one who has been "started." I calculate that over my past 25 years in masters T&F I have easily gone to the post more than a thousand times (I can actually substantiate this figure). I have never yet had a single false start. Of course, allowing Hank full latitude, I may simply be one of the "passive" starters as opposed to a more "active" one (his term). Still I have managed to win a share of these starts. Managed a world record or two, also.

The reasons Hank gives for faulting the starters (and remember, he *is* a starter) are twofold: 1) they let the sprinters "get away with it," and 2) they fire the gun before the mandated two full seconds have elapsed. Principally, he faults the starters for "caring too much." That's okay, the caring thing. It is, however, against the rules in both instances. Starters may not want to disqualify any runner. However, accusations of violating the rules in order to salvage runners by letting them go, or firing the gun so quickly that nobody can beat it, places an unfair and demeaning mantle across the shoulders of all starters, condemning them en toto. But, if Hank would just give us some names...!

When he brings in the semantical verbiage of "guessers vs. cheaters" I am once again lost. Surely he doesn't intend one as a euphemism for the other. But it really doesn't matter in the end. All we are hoping to accomplish by running the race is to award the most deserving person (preferably the one who gets to the finish line first) all that the glory of victory accords. We

establish rules that prevent some guesser or cheater from taking away the glory of the moment and having it awarded to himself.

Finally, Hank says, "Where's the fun in getting DQed?" Well, unless one is a dyed-in-the-wool masochist, I'd have to agree that it isn't a lot of fun to be DQed. However, it's not a whole lot of fun to be beaten out of the glory of a victory because someone who really didn't deserve it "out-guessed" you.

Yes, there are a myriad excuses for false starting other than being a "cheater." Hank named a number of them: nervousness, distractions, concentration, comfort, etc. I could add others: eating too much, not eating enough, shorts are too tight, the stock market, a bad night with the old lady. But, metaphorically speaking, what's all this got to do with the price of bread?

Look for my "Petition" in the next NMN. I'm petitioning on behalf of myself and all my fellow pole vaulters to be allowed to keep trying at each height until we finally get over it. Hey, it could happen!

Phil Mulkey
Marietta, Georgia

SENIOR CLASSIC

I want to thank the organizing committee of the US National Senior Sports Classic in Tucson for providing the participants with a great time. The shuttle bus drivers were always courteous and on time. The volunteers were the best, always on hand to help when needed. Thanks again.

Ken & Dolly Straley
Hughsonville, New York

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Masback Chosen New USATF Executive Director


Craig Masback, 42, has been selected as the new executive director of USA Track & Field, replacing 60-year-old Ollan Cassell, the organization's chief administrator since its inception in 1980. The appointment was announced July 16 and ended a seven-month search, after Cassell was voted out of office in December but stayed on until a successor was found.

Masback, the 1980 national indoor mile champion, former U.S. indoor record holder for the 3000, and practicing attorney in the District of Columbia, has remained in the sport as a member of USATF's board of directors and as a TV commentator. His contract with USATF will take him through the 2001

World Championships for an estimated \$150,000 per year.

Speaking of masters athletes in an article in *The Washington Post*, Feb. 21, 1997, Masback said, "No one has really tried to get to these people. It seems to me at every meet there ought to be races for kids and for seniors... A lot of this is just Marketing 101. But no one has ever really done it the way it should be done."

Masback is faced with the task of reviving a sport in the U.S. that, except for enthusiasm during Olympic years and participation on the high school level, has lost its ability to create public interest and draw crowds to major meets as it once did. □



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Masters Racewalking

by ELAINE WARD

Max Green – Training For The Big Race

Max Green set an American record (M65) at the National 15K Racewalking Championships, May 18, at Elk Grove Village, Ill., en route to this month's WAVA meet in Durban, South Africa. Max's time: 1:25:38. The old record set by Jack Starr: 1:32:55.

EW: You must have been training fairly consistently and hard to lower the American 15K record by 7+ minutes.

MG: I've been training, but actually not as well as last summer when I was doing better, according to age-grading, and got some good scores. This year, I've had some lucky races, but I had one misfortune after another with hamstrings, getting sick, and, recently, with a car accident that injured my knee.

Nonetheless, I have been trying to train hard, although everything is tentative. I know what gets good results, but if I really try to do it whole-heartedly, I pull muscles, so I have to watch it.

EW: When you say you know what brings good results, what do you mean?

MG: Two years ago I bought a book about running, written by Sebastian Coe's father, who is an English physiologist. I adapted it from running to walking, as I noticed that the races they did were about twice as fast as I could walk. So whatever distance Coe gives for runners, I halve the distance to put in the same time.

The book focuses on runners training for 5K and 10K. For a 10K it takes between 25 and 30 minutes, which translates to racewalking a 20K in around two hours.

Workouts

Coe's training ideas are very helpful. The workouts I prefer aren't as hard as before, but I think they are more valuable:

2 x 4K twice a week: This means between a 5:30-5:45 kilometer pace or about my 20K pace. After doing the first 4K, I plain walk for 5 minutes, then do another 4K. However, to do this workout, I have to warm up for about 3K with all kinds of stretching, and cool down for about 2K with more stretching.

Once a week (between 5-8 minutes): If I do this workout once a week for one to two months, my times come down. The way this works is:

Workout 1: 2 x 1.6K (3.2K or about one mile). I don't do these very hard; they are a little slower this year than last.

Workout 2: 3 x 1K at about 5:08 or 5:10 pace with a 5 minute rest between each 1K.

Workout 3: I will try 4x800 again for about 3K. I do the 800s in 4 minutes now.

Workout 4: I might do 6x500m. Again equalling 3K. I try to do the 500 in 2:25 or 2:27. But that is fast and a bit "iffy" on my legs.

Workout 5: I'll try 100s and 200s. For example, 100, 200, 100, 100. I just plain racewalk for 10 minutes in

between. I have done this twice this year, but both times my hamstrings acted up.

I had good results from these workouts last summer. I was really pleased with some races, but then I got hurt by the end of the year. In Coe's book, he says that the main trouble with older runners (the same would be true for racewalkers) is that when they do hard workouts, they can't recuperate quickly. I guess some old guys don't have these troubles, but I do.

EW: It sounds like you are beginning to know, and even accept when you are doing too much.

MG: You know I am 65. Our bodies change.

EW: Even so, you set the 15K record with over a 7-minute margin.

MG: I know, but it was only a .87 on the age-graded scale. I worked hard and it was a good race. I couldn't have done it faster. However, it seems that if I could be injury-free for three or four months, I could probably do it one minute faster.

EW: How would you get injury-free?

MG: It's not possible. I went to see a sports medicine doctor a couple of years ago. She said I had to monitor myself. If it starts to hurt, quit. If there's a delayed onset and it hurts the next day, go easier. Then she said, if it starts to hurt too much, don't go six days a week, go five days or four days and do a lot of strengthening exercises, which I have been trying to do.

DQ at Indoor Nationals

MG: You know I got DQ'd in the National Indoors?

EW: What were you doing?

MG: Well, I got one warning for a bent knee and two for lifting. They had good judges there, and I think I was lifting. It was a banked, 200-meter track. It was the nicest inside track I have ever seen. Very fast. Some Englishman had an age-group record for M65 at about 15:40. I thought, "boy, I can do that." I was feeling good and Jack Bray was there ahead of me, leading me on. But then I did some passing down at the ends where it's steeply banked. When I got into the second or third lane, I was thinking,



Stan Chraminski, M45, on his way to an event best 25:12.26 in the 5000 racewalk, Hayward Masters Classic, Eugene, Ore., June 28-29.

Photo by Jerry Wojcik

"I'm going too far up. I have to get back down." So I hurried down that little slope and got in the air.

EW: Are you suggesting that you flew down?

MG: Right. Literally flew and you're not supposed to fly. You're supposed to stay on the ground. I didn't think I was doing it. But I don't fault the judges. They could see me. I couldn't see myself.

The thing about it is, I walked a real good time at the Indoors – 15:17. I could have eased up and still made the record. That is what you call hubris. Pride goeth before a fall.

So I've been trying to concentrate on staying lower and being right. In the 15K I didn't get a caution or warning. No one said my name or number. And again, there were good judges. Whoever the judges are, I want to look legal to them. But you have to concentrate every step, because if you don't concentrate, if you are in a hurry, you may start bending and pushing off.

EW: You're now the baby in your age group.

MG: It is kind of nice once every five years to be anxious to get a year older. And it's nice to be involved in something that makes that take place. □

(The racewalk section in the next issue of NMN will be devoted to Durban.)

Masters Age Records (1996 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
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TEN YEARS AGO August, 1987

- Ken Dennis Sets Two M50 WRs (100/11.2, 200/22.9) in Northern California Senior Classic
- Phil Raschker Breaks W40 100 WR (11.9) and Sets U.S. W40 High Jump Mark of 5-0
- Payton Jordan (M70, 26.8, 200), Tom Patsalis (M65, 35-2 1/2, TJ), and Del Pickarts (M60, 183-8, JT) Smash WRs in SCATAC Meet

Racewalking for Fitness and Fun

by ELAINE WARD

Lionel Lawson (M55) has had a very long involvement with racewalking, starting in school in the 1950s. But, abandoning this as a viable sport, he competed in track and field with a 4:29 mile at age 18 and a 5-8 high jump. He also competed in cross-country, played rugby football as center, swam, and played cricket for his school.

In 1960, Lawson went to France for computer training at the IBM School on the IBM704 and 709. "Now there's some history for you," he reminisced. "I wonder how many of those who worked on the 704 and 709 are left in the world. I'm the only South African left. The others died of early heart attacks. I went on to the 360!"

He worked for a while at Corbey Essonne where IBM had built a factory. They also had a good track and a racewalking team. He competed in a few local events in France and participated with some of the world's best.

"When I came back to South Africa, racewalking was on a variable course," Lawson said. "The existing racewalkers could be counted on one hand." He competed in a few walks, but the advent of the computer revolution prevented any real commitment. Giving up walking and all sport, he concentrated on a career in computers as an engineer, analyst and specialist programmer.

Serious Training

Lawson began running again in 1982 after a visit to the USA and Canada. He took home some books and started seriously training for the Comrades Marathon, a 92K race with an 11-hour limit. Plagued by injuries, he returned to walking to break the injury pattern and gain fitness. It worked. Shortly after competing in the 1985 Comrades Marathon in 10:54, he was asked to start and train the Natal Racewalkers. This proved successful and he continued as coaching coordinator and athlete until 1992. He was awarded Provincial Colours as athlete coach, official, manager and veteran athlete after competing regularly at the local and national levels.

"Right now my own performance has seriously deteriorated as a result of the dreaded prostate problem," said Lawson, who was operated on in 1993 and again in 1995 with subsequent treatment, but has not really recovered.

Lawson's best recent times are a 5K in 30:45 and 20K in 2:04.

The Book

After years of giving out summary sheets in his classes, Lawson combined them into a book, *Racewalking for Fitness and Fun*. A sponsor had come forward requesting that he write

a training and coaching manual that concentrated on the techniques of walking and was South African based. The book took about six weeks to write and was on the book shelves within three months.

Lawson's book carries the support of the South African Sports Medicine Association and Kwa-Zulu Natal Athletics. The various chapters concentrate on technique, speed, strength and flexibility. The book is interspersed with details of designing a training program, endurance-gaining factors, heart rate monitoring to achieve training goals, and diagnosing walking technique problems. The text is complemented by many pictures and photographs.

Breath of Fresh Air

In the words of Dr. M.E. Moolla, President of the South African Sports Medicine Association, *Racewalking for Fitness and Fun* is like a breath of fresh air. Both the novice and the experienced walker are taken through the absolute basics to competitive events. "The program and technique discussed are second to none," said Dr. Moolla. "I not only wholeheartedly recommend walkers to use this book, but also runners and other sports persons who can use the manual during the rehabilitation period, post injury or, in fact, as a means of recovery from an arduous event."

Bobby Maharajh, President of Kwa-Zulu Athletics says, "Lionel Lawson must be complimented on providing the racewalking fraternity with a very interesting and challenging text. Using plain language and clear diagrams, he covers the simple and more complex aspects of the discipline with the purpose of presenting a practical approach to the sport. It should provide a valuable addition to the understanding of this rapidly developing discipline and I am honored to be associated with it." □
(The North American Racewalking Foundation has three copies for sale at \$12.00 which includes postage. Orders: 818-577-2264.)

FIFTEEN YEARS AGO August, 1982

- Payton Jordan, 65, Sets Two World Sprint Marks (100/12.6, 200/26.1) in Pacific Masters T&F Meet
- Shirley Matson, 41, Wins Her 18th Event of the Year With a 38:29 10K in the Western Regionals
- John Knifton, 42, Wins 50K RW Championships in 4:47:29
- Phil Raschker, 35, Sets Three U.S. Records (11.7/100, 25.5/200, 5-1/HJ) in Atlanta Masters T&F Championships



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EVENTS SCHEDULE

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Friday 9/26/97 6:00 p.m. - 9:00 p.m. @ Holiday Inn
Saturday 9/27/97 8:00 a.m. - 2:30 p.m. @ Levagood Park

9:00 a.m. - 10:00 a.m.
3 Km M, W Unjudged Healthwalk
open to all ages with whole family emphasis.

10:00 a.m. - 11:15 a.m.
10 Km M "North American Junior Team"
10 Km M "International" Open (20+)
10 Km M Seniors (20-39 in 5 year age groups)

11:15 a.m. - 12:30 p.m.
5 Km W "North American Junior Team"
10 Km W "International" Open (20+)
10 Km W Seniors (20-39 in 5 year age groups)

12:30 p.m. - 1:30 p.m.
Free Racewalk Clinics - Novice and Advanced Refreshments

1:30 p.m. - 2:30 p.m.
3 Km W Youth (13 & under)
5 Km W Juniors (14-19)
5 Km W Masters (40+ in 5 year age groups)

2:30 p.m. - 4:00 p.m.
3 Km M Youth (13 & under)
5 Km M Juniors (14-19)
10 Km M Masters (40+ in 5 year age groups)

* Asterisked events are included in Racewalking Club Championship and are open to individuals as well.

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Age (on 9/27/97) Male Female Birthdate

Phone: Club: USA T&F#

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- ☐ 10 km W Seniors (20-39)*
- ☐ 5 km W Masters (40-99)*
- ☐ 3 km M Youth (13 & under)*
- ☐ 5 km M Juniors (14-19)*
- ☐ 10 km M Seniors (20-39)*
- ☐ 10 km M Masters (40-99)*

International Events:

- ☐ 5 km W Junior Team (14-19)
- ☐ 10 km M Junior Team (14-19)
- ☐ 10 km W International Open (53 min. to qualify)
- ☐ 10 km M International Open (47 min. to qualify)

* See "Event Schedule"

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On The Run

by HAL HIGDON

Aqua Running: Key to Success Onshore

Summer is here. The land is green. I love cool weather, but there's something inherently enjoyable about running in shorts and singlet and breaking a sweat. Summer also offers different training options.

My home overlooks Lake Michigan. One of the advantages this time of year is that I can run in the water. At least, where I live near the Indiana/Michigan border, the lake has a smooth and sandy bottom. I can't think of a better environment for aqua running.

Despite warm air temperatures, the water remains too cold, until the lake warms in July, to do my full water workout. But on a sunny day in June, I ran along the beach's edge.

I wore aqua shoes, allowing me to shift easily from shore to water. I ran a series of short spurts in knee-deep water, a form of interval training. Running in water slowed me down, so in a 30-minute workout I covered only a mile. But it's effort, not distance, that

counts in aqua running.

Playing In The Water

Now the water has warmed, a more typical workout is to swim parallel to shore for 200-800 meters (depending on my level of swim fitness), then return running chin-deep. I can vary the type of aqua workout by moving to waist-deep water, knee-deep water, or even running along the shore.

Aqua running to me is a form of play, but it's also a good form of cross-training, something we all need to consider as we get older and find that we can't run high mileage day after day. Aqua running is my favorite alternate exercise during the summer. When the lake begins to lose its heat in mid-September, I only reluctantly shift to other activities.

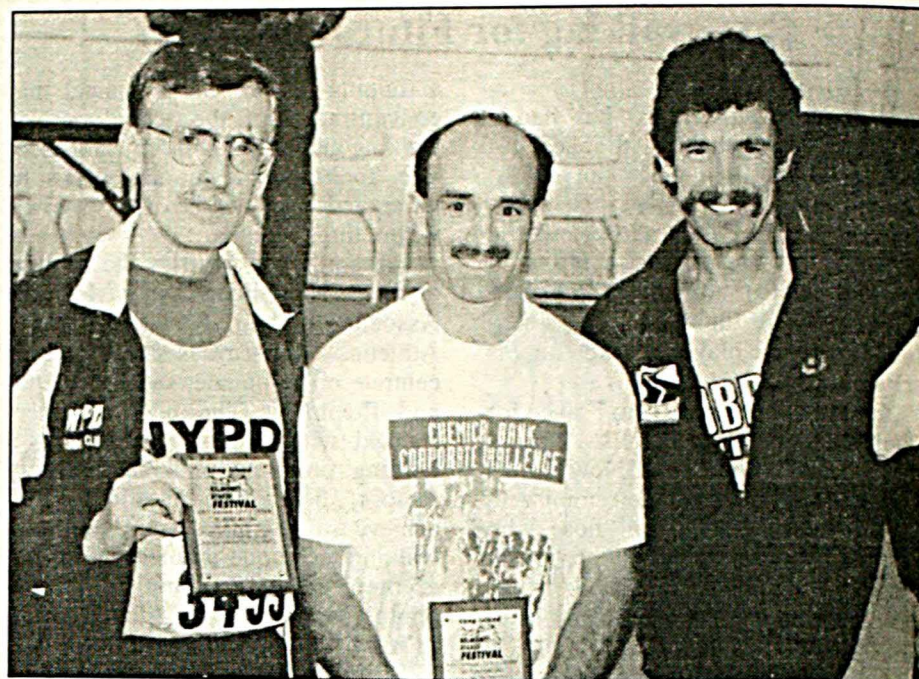
Deep-water running in a pool certainly is the most effective (i.e., sport-specific) form of cross-training for runners. Walking is an underrated activity. I also endorse cycling and swimming. Although both activities are less sport-specific, that sometimes can be an advantage. Cross-country skiing is my favorite winter activity, and I get edgy if there's insufficient snow in January and February. I also train on snowshoes.

Still, you can't beat aqua running, particularly when recovering from an injury that prohibits you from participating in weight-bearing activities. Several years ago when I was still coaching cross-country at the local high school, Megan Leahy, my top runner, injured herself (stress fracture) during the track season. (The track coach was having her do plyometrics by jumping off boxes with weights in her hand!)

Rehabbing Megan

Hoping to rehabilitate Megan in time for summer training – if not for the end of the track season – I suggested she train in the pool. I found a wet vest and told her to use it to work out in the deep water, treading water, but mimicking the running movements as much as possible.

Megan quickly became bored, so devised a program of her own. First, she got rid of the wet vest, because she claimed it made treading water too easy. She would tread water for a while, swim laps for a while, do kicking with a board for a while, run at the



Top three finishers in the Masters Law Enforcement Division at the Long Island Police Appreciation 5K, Eisenhower Park, June 5, from left: Kieran Kelly (49, 18:41), Armando Valencia, and Lutz Hoffman (51, 19:03).
Photo by Mike Polansky

shallow end for a while, continually varying her routine. She turned the workout into a form of play.

Alas, the stress fracture failed to heal in time for her to return to the track in May, but Megan was ready to begin cross-country training in June.

Later that summer, when I took the team to Roy Benson's training camp in North Carolina, Roy asked me to lead a discussion on aqua training. I simply introduced Megan and asked her to describe her training. By that time, she knew more than her coach.

Effective Training

In Megan's senior year, she became injured again and missed the entire dual-meet cross-country season. Working with another coach, she returned to the pool. Because of the nature of the injury (hip tendinitis), she was forced to abandon her previous, playful routine. She reverted to the wet vest, alternating hard days of interval-type training and easy days of steady treading water, similar to what she might have been doing outside.

For six weeks, she trained in the pool. The week before qualifications

for the state meet began, the healing process was complete. She won the sectional, regional, semi-state and placed second at state leading her team to its second consecutive state championship. Don't tell me you can't train effectively in the water!

Megan is a gifted and highly motivated runner, but sometimes that can get you in trouble if you run too hard or log too many miles. My recent recommendation has been that she consider adding aqua running to her regular regimen – use it as a form of preventative medicine, rather than only to rehabilitate after an injury.

Lately, Megan has shifted some of her regular training to the pool, returning once more to her previous varied routine. Like me, once the lake warms she is able to do some swimming and running in deep water. Many runners could profit by following her lead. □

(Hal Higdon is a Senior Writer for *Runner's World*, and author of "Boston: A Century of Running." His writing and information on training can be found on the Internet on his web site: www.halhigdon.com.)

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Briggs, Wack Win DC Race for the Cure

by JANNA WALKUP

Led by honorary co-chairs Vice President Al Gore and Tipper Gore, the 8th National Race for the Cure 5K was held on the streets of Washington, D.C. on June 7. Runners welcomed the 56-degree weather, a distinct contrast from last year's sizzling mid-80 degree temperatures.

Bob Briggs, 40, of Springfield, Va. (16:09) and Linda Wack, 41, of Germantown, Md. (18:18) took masters honors. Second-and-third place masters finishers Kevin Ellis (16:54) and Richard Adams (16:56) also broke the 17-minute barrier. Mary Jo Donovan (19:19) and Jayne Fitzgerald (19:30) finished second and third, respectively, in the women's masters race.

Patrick Griffith (17:38) and Heidi Pirie (20:48) turned in impressive times to win the M50 and W50 divisions, respectively. Other age-group winners included Larry Dickerson, M60 (20:17), Dixon Hemphill, M70 (22:32), Doralie Segal, W60 (24:20), and Hannah Horowitz, W70 (25:50).

Runners started at 14th and Constitution Street NW, headed toward the U.S. Capitol, by Union Station, back on to Pennsylvania Avenue, and up across to finish several blocks short of the White House at the Regan International Trade Center.

More than 36,700 registered runners, joggers, and walkers took part in the event, which raised more than \$1 million for research, education, screening, and treatment of breast cancer. □

Trojan Meet Draws World-Class Field

by JERRY WOJCIK

World-class performances and a U.S. record highlighted the Trojan Masters Meet at USC's Cromwell Field in Los Angeles on June 29. Two dozen marks age-graded into the international class level of 90%, particularly in the sprints and throws.

John Damski, 82, of Los Angeles, broke the M80-84 national record of 23-5 1/2 for the triple jump held by Clarence Trahan, with a 7.56/24-9 1/4.

In the sprints, Ken Dennis, 60, won the M60 100m race with an age-graded 94.9% 12.44, but his performance was topped by second-place Dick Richards, 63, who came in with an A-G 96.1% 12.57. Stan Whitley, 50, won his division races with an A-G 95.6% 23.56 and a 93.2% 53.06.

Hal Tolson, 59, won the 100m with a 94.6% 12.40 and 200 with a 92.9% 25.61. Other sprinters in the 90% range included division winner Cliff McKenzie, 40, 93.8% 49.18, in the 400, and M45 first Fred Sowerby, 45, 92% 51.85, in the 400.

Irene Obera, 60, from the San Francisco area and world record holder in the sprints, won the 100m with a 92.8% 14.30 and 200 with a 90.7% 29.95.

Bill Knocke, 57, had to run a 92.2% 15.81 to defeat Al Henry, 59, 90.3% 16.53, to win the hurdles.

High jumpers Phil Fehlen, 61, with a 1.65/5-5 and Charles Rader, 49, with a 1.80/5-10 1/4, were in the 90+% range.

Shot putter Hal Smith, 61, 14.16/46-5 1/2, and Arnold Gaynor, 69, 12.86/42-2 1/4, both hit the 95% level.

The best performance of the entire meet was 59-year-old Larry Stuart's javelin throw of 55.40/181-9, an age-graded 97.7%. Del Pickarts, 70, ended with a 91.2% 45.64/149-9 in the javelin.

The meet was directed by Russ Reabold and sponsored by the Trojan Masters Club. □

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The Weight Room

On the Way to San Jose

Athletes who fly into San Francisco or San Jose for the Nationals will get a good view of typical California sprawl from their cab or shuttle from the airport to the hotels in San Jose.

On the other hand, those who fly first to Los Angeles to check out Hollywood, Knott's Berry Farm, Universal Studios and the rest, and then drive to San Jose, have three sightseeing options. They can take Interstate 5 from L.A. to the San Joaquin Valley. It's the fastest route, but I've had visiting relatives from the flatlands of the Midwest pull over and ask me to drive on the section called the Grapevine that winds through the Tehachapis before you hit Bakersfield.

After that, it's dead flat, unbearably hot in August, and boring, except for the drivers whizzing by you at 80-plus mph. You'll have to cut off at Highway 152, a more scenic route, and pick up Highway 101 to get to San Jose. Make a brief visit to Hollister, where tens of thousands of bikers recently congregated to honor an anniversary of the incident that was the basis for the movie "The Wild Ones,"

starring Marlon Brando. And don't miss Gilroy, the garlic capital of the world. You might be able to pick up some garlic-flavored ice cream left over from the Garlic Festival.

101, Anyone?

From Los Angeles, Highway 101 is another route to San Jose - much more scenic, but a little slower. The 90-mile ride on a mostly four-lane highway from L.A.'s San Fernando Valley to



Tom Gage (left), 54, accepts check for \$25 for the best age-graded weight throw (53-3/4; 72.2%), Hayward Masters Classic, presented by George Mathews, 53, of the Seattle Masters Athletic Club. Gage donated the prize to the Golden West Invitational for high school athletes.

Photo by Suzy Hess

Santa Barbara is, I think, the most interesting coastal drive in the world. On the way, with the ocean on one side and mountains on the other, you pass strawberry fields, surfers, California missions, the only banana plantation on earth at that latitude, and millionaires in Montecito (where Robert Mitchum lived before he went on to the great *film noire* in the sky last month). After you go through the tunnel at Gaviota, north of Santa Barbara, it's a two-lane highway through another world of dried, golden grass and green oaks, hilly, and probably hot, and farther on, pretty level after you leave Paso Robles.

After the 1981 Championships in Los Gatos (where a meat scale was used to weigh the implements), I bummed a ride on Sunday afternoon with Randy Hubbell, because the people I had driven in with were staying to sightsee. Hubbell, then an M70, was one of the pioneers in masters hammer throwing, who held quite a few records at one time - all are gone now.

Intending to take 152 to I-5 for a faster way home, we missed the cutoff and ended up taking 101 all of the way back, adding a couple more hours to the trip. It was hotter than Hades, the temperature well over 100, and no air-conditioning in Randy's panel truck, which he used in his business of manufacturing and repairing outboard motors. He drove the truck to meets, where he would park in the lot, as he did at Los Gatos, and sleep in it.

Randy wasn't poor by any means, but he was Depression Era parsimonious, which I could relate to. He was a world-class gabber, and, being a B.S. artist of some repute myself, we got along famously, especially after we discovered that we had both been boxers in our youth. I sometimes wish that he were still around to see what progress masters hammer throwing, and throwing in general, have made.

At the Los Gatos championships, where we threw the hammer at San

Jose City College, Randy won the hammer (8-lb.) with a U.S. M70-74 record 111-2. The U.S. record now is 150-11 by Tom McDermott. In the 1996 Championships at Spokane, Bill Bangert won the M70 hammer (4kg) with 111-6. One woman threw the hammer in 1981; 24 women competed in 1996.

Not that the competition was shabby at the Los Gatos meet in 1981. George Frenn, then 39, who still holds the world-best of 46-11 for the 56-lb. weight, threw 182-3, and Ed Burke, then 41, who later made the 1984 Los Angeles Olympic team, threw 197-11.

Back on Highway 101, you'll drive through the de-commissioned Camp Roberts, where WWII and Korean War recruits went through basic training, and go by Soledad Prison, John Steinbeck's Salinas Valley, and Castroville, the artichoke capital of the world, before you arrive in San Jose. California has other "capitals of the world," including, of course, Hollywood, the "motion picture capital of the world" and the lesser known town of Parkfield, between Highways 101 and I-5, the "earthquake capital of the world."

The Coast With the Most

The third way to San Jose is Highway 1, which you pick up in Morro Bay off 101. It runs right along the Pacific. Don't take it unless you leave two weeks or more before the Nationals. There's too much to see (Hearst Castle, Big Sur, and Carmel, for instance). It's horrendously slow with blind and ess curves, plus scary and exhausting, if you're not used to driving on a narrow, two-lane, winding road with cliffs to the ocean on one side and sheer cliffs on the other. Front seat passengers usually white-knuckle the dashboard, because they can't see

Continued on page 15

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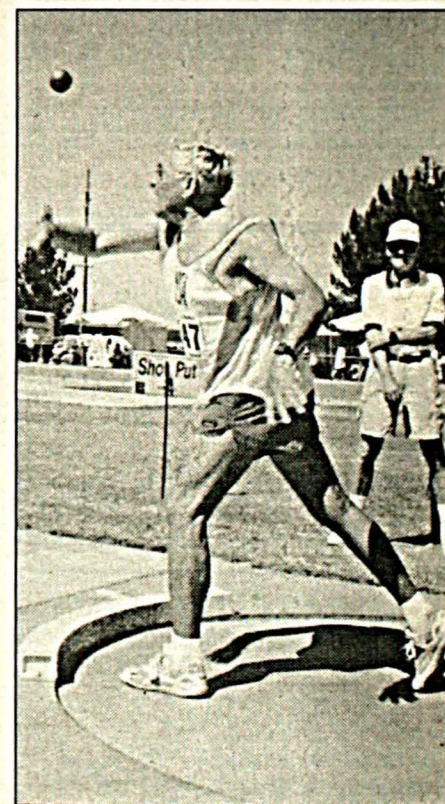
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Event(s) _____

Mail to: Frances Campbell, Claude Pepper Foundation, 210 S. Woodward Avenue, Tallahassee, Florida 32304, Phone: (850) 222-5146, Fax: (850) 561-9264

Waiver: In consideration of your accepting my entry, I, extending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the Claude Pepper Foundation and all sponsors of the "Celebration of Senior Wellness" competitions, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in the competitions held October 25, 1997 at the Florida State University, Tallahassee, Florida. I certify that I am in a state of health that permits me to participate in these events.

Signed _____ Date _____



Ken Wheeler, 76, was sixth in the M75 shot put and third in the discus, National Senior Sports Classic, Tucson, Ariz., May 21-28.

Photo by Andy Larabee

Portland Masters Celebrate 25th Year

By JERRY WOJCIK

The Portland Masters Track Club celebrated its silver anniversary Classic Meet with a two-day affair at Mt. Hood Community College, Gresham, Ore., June 14-15. One hundred and ten athletes participated in the 25-year-old meet, one of the oldest masters meets in the U.S.

On Saturday, Paul Edens, 56, ran the meet's best age-graded 100m with a 91.4% 12.57 in winning the M55 race. On Sunday, all first-place finishers in Saturday's race were invited to compete in a distance-handicapped 100. Dave Walter, 52, narrowly won the men's race in 11.17 from Bob Golly, 62, 11.19. Rosalie Carmen, 53, won the women's race in 12.55.

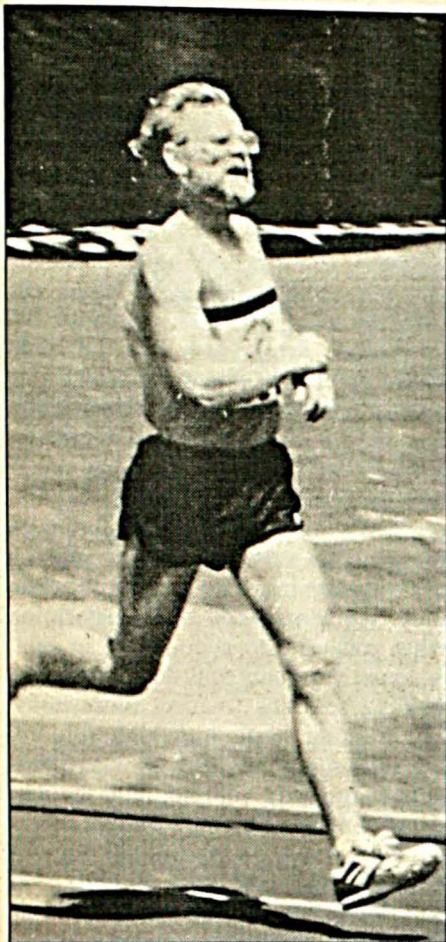
Walter also won the 400 on Saturday with a 92.5% 54.30. In the 800, Don McMillan, 56, ran a 91.8% 2:13.67.

Hurdler Ruth Callard, 43, earned All-American status in the 80H with a 15.02 and 400H with a 76.23.

Ed Lipscomb, 46, topped all other pole vault marks with a 14-0. Mike Toll, 33, won the M30 long jump by a half inch over Brain Couchay, 33, with a 20-9 1/2 leap.

Bob Lawson, 62, won the "strongest man" title with meet bests in the 5kg shot (41-4) and 25-lb. weight (41-4 1/2).

Jim Puckett was the meet director. Roger Hall served as the clerk of the course, and the announcing was handled by Bill Cook. □



Alan Beck, M50 first in the 5000, with the event's fastest time of 17:18.96, Portland TC Masters Meet, Gresham, Ore., June 14-15. Photo by Suzy Hess

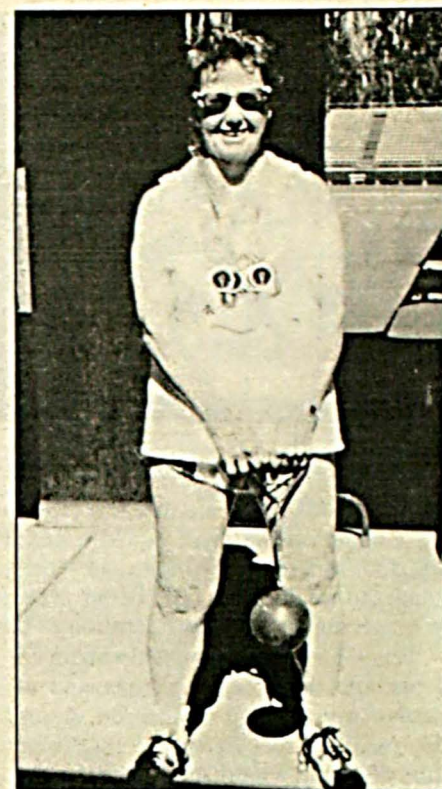
Weight Room

Continued from page 14

the edge of the road.

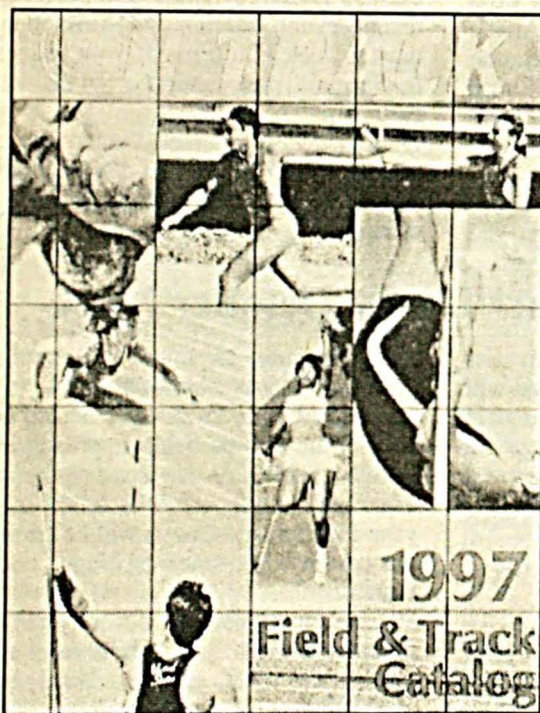
People who like to drive should do a section of Highway 1 at some time in their lives. My advice is, if you are competing in San Jose, wait until the next time the Nationals come to California, but not too long. That section of the Golden State is supposed to break off and fall into the ocean one of these days.

However you get to the Nationals, I'll see you there. Look for me; I'll be easy to spot, looking relaxed and rested. Somebody else is doing the driving from Eugene to San Jose. □



Pat Osmon, 69, displays her first-place medals at the Portland TC Masters Meet, Gresham, Ore., June 14-15. Photo by Suzy Hess

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Address _____ Phone () _____

City/St/Zip _____ Date of Birth ____/____/____

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USATF Card # _____

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Training Advice

by ROSS DUNTON

A Systematic Plan for the Year Ahead

It is now August and in a few days the USATF National Masters Outdoor T&F Championships will be contested. For many, this will be the end of the outdoor t&f season. Many road racers are now preparing to enter the fall season when the weather is a little better. Now is the time when both of these groups need to be giving serious consideration to the development of a detailed training plan.

When I started to run again about 15 years ago, my planning consisted of getting my running clothes on, going out on the street or to the track and then deciding what I thought would be a good workout for that day. I had no idea of what I should do. I just did what I felt like doing. I had no concept of planning a training schedule. I suspect that a lot of masters runners, jumpers and throwers are doing that today.

Periodization Plan

To achieve your maximum potential, you must develop and use a comprehensive, scientific, systematized training program that covers your competitive season or seasons. One way to do this is to develop a "Periodization Plan," which simply means a training plan that is segmented or "periodized."

The first step is to determine when you want to peak, keeping in mind that you can only do so once during a competitive season. If you run three seasons such as cross-country or road racing, and indoor and outdoor track, then you would plan for three peaks during your competitive year. You now start from that first peak date and work backwards.

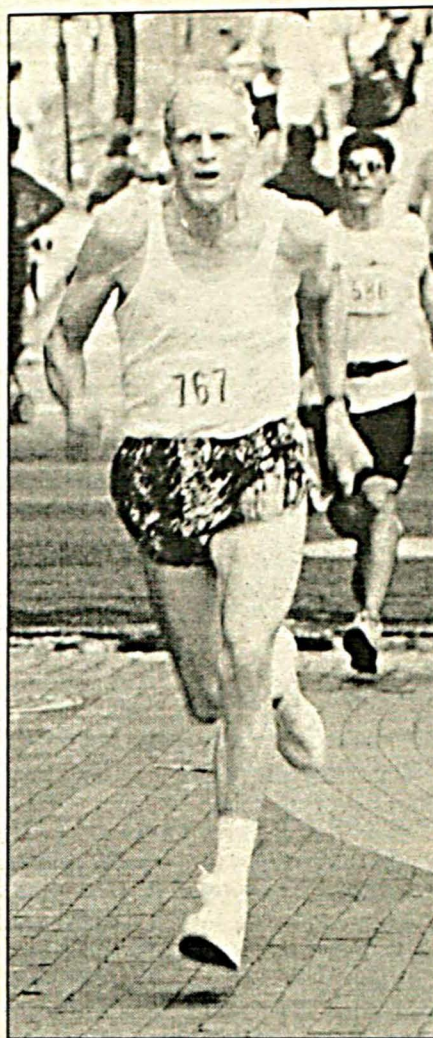
Once the length of your training

season has been established, it can be sub-divided into preparatory and competitive periods. At the end of the competitive period, which ends with your peak competition, there should be a rest or transition period before launching into the next season of training. The preparatory and competitive periods can be further sub-divided into general and specific prep phases and pre-competition and competitive phases. Now that you have a general layout of your season, you can start to become more specific.

Mesocycles

You will want to taper the last week or two prior to your most important competition, so block that in first. Prior to that, the available time should be divided into three and/or four week blocks or "mesocycles." You need to develop and define in detail one-week long daily workout schedules for each of these three or four week long blocks. These week long cycles are to be repeated during each of the three or four weeks in the block.

The reason that these mesocycles are three- or four-week long blocks is that you will normally get all of the benefits that you can get out of a basic workout routine in three or four weeks. After that, for the body to receive sig-



Dixon Hemphill, 72, second M70 (48:43). Lawyers' Have A Heart 10K, Washington, D.C., June 1. Photo by George Banker

nificant benefits, you must increase training intensity.

It is important to decide just exactly what you would like to accomplish in each of the mesocycles and then devise a routine to accomplish that. In the beginning, the daily sessions should be general in nature with a relatively high volume of work at low intensity. As the season progresses, they should become more and more event-specific with ever-increasing intensity and decreasing volume.

Progressive Overloading

The key to a successful training program is progressive overloading. The

loading must challenge your current training status so that the body is forced to over-compensate for the new load. The body will do this, but proper rest must be interspersed with this overloading. You cannot train hard every day.

There is a "Law of Specificity" when it comes to training for a specific event. It is sometimes called the "SAID" principle. This stands for "Specific Adaptation to Imposed Demand." The load must be event-specific. Remember, general or base training must always precede the specific training so that the body can better withstand the increased stress.

Simply put, you divide the time between the start of practice and the peaking date into three- and four-week long segments. You then determine what you want to accomplish in each of those segments and design specific training sessions to meet those ends. The training starts with high volume, low intensity general sessions and progresses to lower volume, high intensity sessions which are event-specific.

There was a young woman running a lot of laps at the track recently as I was doing my workout, which was by then fairly intense and event specific. She stopped to inquire as to how I got so fast. She told me that she regularly runs 25 laps, but never gets any faster. With all of that volume, she has a great base, but she has never increased her intensity. At this point she needs to have some days of decreased volume and increased intensity. You don't get faster or stronger by increasing your volume of work; you get there by increasing the intensity of the workout.

If you would like some help in making a periodization plan, you may contact me. I will need to know your age, events, goals, peaking date(s), most recent event results and how many days a week you train. If your request is via mail, please send a SASE with two ounces of postage to: Ross Dunton, 512 Somerset, Placencia, CA 92870. (714) 524-9966 Voice; (714) 524-9992 Fax; coachr@pacbell.net - e-mail. □

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Club West Gears Up for October Meet

A new field name, along with new runups for the jumps and throws will greet competitors at Club West's annual meet at Santa Barbara City College on Oct. 4. The track, which will still carry

the Nick Carter logo, will be known as the Linda Geyser Memorial Field.

A recent influx of dollars resulted not only in the runups being improved but also the infield. A new state-of-the-art, electronic scoreboard will follow next year. Further renovations will be carried out on the track lanes as usage conditions permit.

Club West president, Beverley Lewis, reports a great deal of interest from athletes in the meet, which is anticipated will feature many outstanding performances. Last year saw a world record in the pole vault.

For more information, contact meet Director, Gordon McClenathen, 805-964-3005, or Beverley Lewis, 805-969-5851; fax: 969-6613. Entry forms will be available at the National Masters Championships in San Jose, Aug. 7-10. □

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Speaker's Corner

by MADELINE BOST

How Old Are You, Really?

(An edited version of Bost's article was published in the Write On! section of the July issue. The edited version did not adequately reflect Bost's position on the problem of athletes who change ages during meets. The complete article is published here to clarify her philosophy regarding an athlete's move into another age division during a multiple-day event.)

How old is a 49 year old who is 49 years and 364 days old? It's not a trick question. Quite simple, actually. By law, of course, or the definitions of our society, he is 49 until he is 49 years and 365 days. Then, flip the calendar page and he is 50.

But how old is he, really, when he is 49 years and 364 days? Wouldn't you say that chronologically and physiologically he is 50? Once he is 49 years and 183 days, he is getting ever closer to being 50 years old, even though he can continue to claim to be 49.

To about 99% of the population in general, this concept is held dear. Who wants to state his age as one year older than the calendar says? Jack Benny made being 39 a fashionable age for all of us and garnered plenty of laughs with his claim.

Competitive age division athletes are different. We have no hang-ups about the years we have been on this earth. It didn't take us long to get over the fact that we will change age every year and, blessedly, change age division every five years. Do you know any athlete who doesn't cherish the day when he ages up into a new division, the youngest of the group?

Woe is He... or She

Woe to the summer baby, though. Born in the months of June, July or August, he has big troubles. At the first meet of the summer season, he is something-four, or something-nine, and by the end of the season he has graduated to his proper age division.

Proper, because in June, July, or August, his physiological age was basically the same as it is after blowing out the candles on his or her birthday.

If his birthday falls during an extended meet, like a failing school student, he is held back for the entire meet, never getting to graduate to the proper division with his peers.

This can lead to some ludicrous situations, such as Vicki Bigelow setting a W60-64 world record in the 1500, while competing against younger women in the 55 to 59 division. She had turned 60 during the WAVA competition in Buffalo, but the rules held her to running as a 59-year-old, rather than with her peers, the 60-year-olds. Other similar cases abound.

We need only look at the WAVA Age-Graded Tables to see the disadvantage at which these summer babies are forced to compete. Age grading gives us the expected and documented slow-down of athletes as they age. With the charts we can see how badly a summer baby fares when competing in an age division below his or her true age.

In the chart on this page for the event standards for the mile, we can see that a man aged 40 can expect to slow down by 8.84 seconds by the time he reaches age 45.

Jump a decade and a half and at age 65 he will have slowed down by 14.45 seconds from when he was age 60. That's a pretty tough handicap for a man 65 years and 2 days old, who is forced to race in that age division because on the day the meet began he was 64 years and 364 days old. Ten years later and if the meets are scheduled the same, he will fight a 36.56 handicap.

Women Slow Faster

While women seem to have a longer life span than men, they apparently slow down much more as they age. Given the same circumstances as our summer baby boy, a woman will slow down 11.51 seconds from age 40 to 45, 19.56 between ages 60 and 65, and a whopping 52.74 seconds between 80 and 85.

How can we right this inequity? No rules are ever set in stone, and the WAVA rule which holds that all athletes remain the age that they were on the first day of the meet can and should be changed. Let the summer babies convert to the age they will be on the last day of the meet, as is done in masters swimming, and it will make much more sense.

If that had happened, Vicki Bigelow would have set a W60-64 age division record and won the gold medal in the 1500, instead of placing seventh in the W55, where she clearly didn't belong. In masters swimming, if she had set her record before her actual birthday, it would still have counted as an age 60 record. This would make sense in masters track and field as well, although I concede that there are those in our sport who would likely find this switch in philosophy difficult to accept.

Options for Compromise

If the WAVA council is uncomfortable with this solution, two compromises could be considered. One is for the athletes to compete in the age division which the calendar says they are until their birthday. Once the birthday comes, the athlete is assigned the new division. This would probably cause a lot of headaches for meet management.

Another is that the athlete remain his age as of the day of the first event in which he competes. At least some of the summer babies will slip into their rightful division. The others would be out of luck.

Neither is really suitable if we acknowledge the basic premise that the athletes are fundamentally their older age, from the first day of the meet to the last. This issue needs to be put before WAVA. Now that we have WAVA's own age-graded tables for proof of the substantial inequity, let's change the rule.

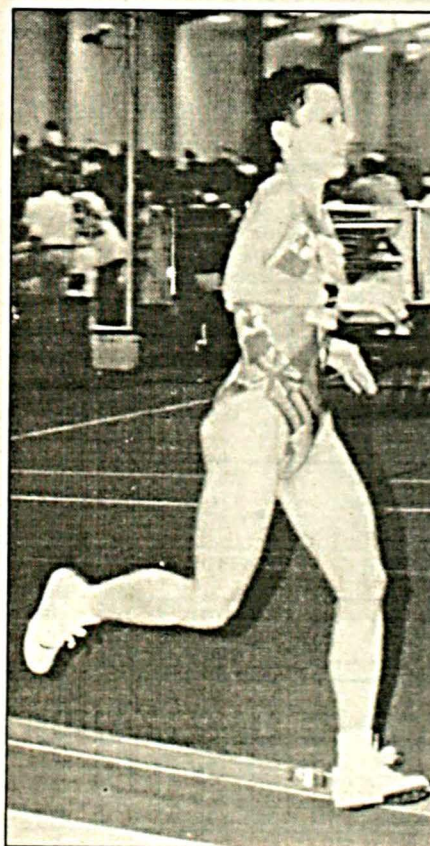
Age Grading PLP Standards for the Mile

Age	Men	Difference
40	236.42	
45	245.26	8.84
60	278.26	
65	292.71	14.45
80	358.28	
85	394.84	36.56

Age	Women	Difference
40	265.07	
45	276.58	11.51
60	320.44	
65	340.00	19.56
80	431.28	
85	484.02	52.74



Liisa Nichols, 1996 W30-34 national champion in the 800 and 1500 in Spokane, won the W30 1500 (2:18.3), Visalia Classic, Visalia, Calif., May 3. Photo by Glen Williams



Mary Rosado, 47, New York, 1997 National Masters Indoor W45 Champion in the 800 and mile, Boston. Photo by Mitchell Lovett

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Rankings Report

by JERRY WOJCIK

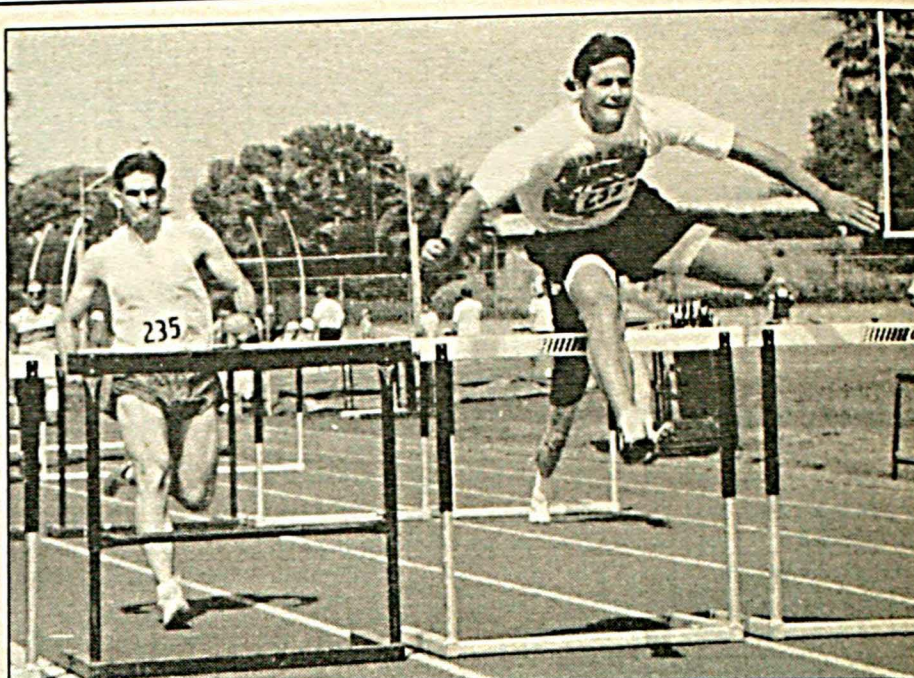
Track & Field Rankings Report

After ten years of involvement with the masters track & field rankings, I've decided to give up the position of USATF Masters T&F Rankings Coordinator and have notified USATF Masters Committee Chairman Ken Weinbel of my resignation.

In those ten years, with the help of the Masters Committee, the *National Masters News*, and the tremendous contribution of the volunteer rankers, past and present, we were able to produce an annual outdoor rankings booklet and institute the indoor rankings, published

as an insert in the NMN.

I want to thank everybody who has been involved with me in doing the rankings. The rankers, who give freely of their time, energy, and usually expenses, deserve special recognition. Several, who were recruited by the first rankings coordinator, Haig Bohigian, have been active in the rankings since their inception. William Benson, of Long Island, N.Y., who does the 800, and Charles Mercurio, of Southern California, who does the high jump and triple jump, have been doing the rank-



Peter Hanlon, winning the M30 110 mH in 16.7, Visalia Classic, Visalia, Calif., May 3. Roger Drummond was the M35 winner (17.0).
Photo by Glen Williams

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT
Women					WAVA USATF
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16# 16#
60 plus					12# 16#
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#
50-59	6.00k	1.50k	6.00k	800 gms.	25# 35#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#
70-79	4.00k	1.00k	4.00k	600 gms.	16# 25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12# 25#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.
WAVA weights are used for USATF weight pentathlons.

ings for over 15 years.

Without Larry Patz, of New Hampshire, the rankings would have been extremely difficult, if not impossible. Another Bohigian recruit, Patz has been doing the outdoor and indoor sprints (55m, 60m, 100, 200, 400), both outdoor relays, and, on occasion, when I was in a bind, a couple of distance races and a field event or two for 15 years also.

In addition to overseeing the compilation of the rankings for publication, the coordinator, as a member of the USATF Masters T&F Committee, is involved in decision-making at the annual convention, which this year will be held in Dallas. The coordinator is also expected to attend both the outdoor

and indoor championships. Money from the masters budget is allotted to the position to pay the coordinator's travel expenses and costs in compiling the rankings. He or she is also invited to attend the Masters Awards Committee Meeting to aid in selecting the best athletes of the year.

Most compilers for the 1997 outdoor season are already in place. In the past several years, requests for replacement compilers have been met with quick responses by reliable, responsible volunteers.

Parties interested in applying for the position of rankings coordinator are encouraged to contact me at 541-343-7716, fax: 541-345-2436, or Ken Weinbel, 206-932-3923, fax: 206-932-3917. □

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9th Oceania Games Set For New Zealand

from JIM TOBIN

The 9th Oceania Veteran Games will be held in New Zealand, Jan. 17-24. The Games are primarily the regional championships for veteran athletes of the relevant Veteran Associations affiliated with the Oceania Association of Veteran Athletes (OAVA), but the organizers will welcome competing athletes from outside the regions. Although they will not be eligible for Oceania titles, they will receive medals if placed in their particular events.

The Games will be held in Hawkes Bay, which is situated on the east coast of the North Island of New Zealand and is easily accessible from Auckland, Wellington or Christchurch by plane, bus, train or rental car. The Hawkes Bay region is noted for its agriculture and horticulture. Fruit is grown in abundance - so much so that the region is known as the "fruit bowl of New Zealand" and is equally famous for its wine. The infrastructure includes two cities (Napier and Hastings), each with populations of 55,000 and only 14km apart.

The "Bay" region is rich in history, culture and scenic attractions. The weather is often claimed to be the best in the country. Certainly the area is noted for its long, hot and dry sum-

mers. A wonderful way to escape a northern winter!


The Games will feature a full track and field program (including multi-events) for men and women. In addition, there will be a half marathon, cross-country events and 10K roadwalks. The multi-events include pentathlon, heptathlon, decathlon and the weight pentathlon. All of this activity will be spread over an eight-day period which will include at least one lay day. All events will be split into the traditional five-year age groups starting at age 40 for men and 35 for women. There will be events for pre-veterans from age 30. There are no qualifying standards.

The Games' organizers are planning to welcome some 1000 competitors and it is expected that this will include a group of over 300 Australians who will be competing along with several hundred New Zealanders. They will be joined by veteran athletes from throughout the Pacific Islands. Interest has also already been shown by athletes from Britain and the USA.

Further information and entry forms are available from the Organizing Committee at Box 7144, Taradale 4030, Napier, New Zealand or by contacting Tim Tobin at phone/fax +64 6 844 5072. □



Kalavati Khasim, W40-44 long jump winner, 1997 India National Veterans Championships, Kanpur, Uttar Pradesh.
Photo from V. Suryanarayana



OCEANIA

9TH VETERAN GAMES

HAWKES BAY, NZ 1998

17 - 24 January 1998

The 9th Oceania Veteran Games will be held in Hawkes Bay, New Zealand. These games are the Oceania Regional Championships.

Veterans/Masters from other WAVA Regions are welcome to compete by invitation.

entry forms available from

• **ORGANISING COMMITTEE** •
P.O. Box 7144, Taradale, Napier, New Zealand
Phone/Fax: Jim Tobin + 64 6 844 5072

The games will comprise

**Full Track
& Field
Programme**

Multi Events

**8km Cross-
Country**

Half-Marathon

**10km Road
Walk**



Puerto Rico Masters Association

XVII SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

Sponsored by the the Puerto Rico Masters Association and Municipality of San Juan at the Central Park facility, Miramar Santurce, P.R. on August 16, 1997.

Age Divisions: Five-year age grouping for men and women age-30 and over.

Special Event: 1 Mile race for M40 and over with prizes of: 1st \$400, 2nd \$200, 3rd \$150, 4th \$100 and 5th \$50; plus a \$100 bonus for a sub-5 minute winner.

Entry Fee: \$15.00 first event, \$5.00 each additional. Relays free.

Awards: Medals to first three in each age division. T-Shirt will be available for every entrant.

Deadline for Entries: August 5, 1997

Entries: Send the entry form below with check payable to: Puerto Rico Masters Association, P.O. Box 31300, 65th Infantry Station, Rio Piedras, P.R. 00929-0300. Call Wilfredo Picorelli (787) 757-1875; Fax (787) 757-1876.

Registration: Pick up packets at Central Park from 7:00 a.m. on Saturday, Aug. 16th.

Hotel: Accommodations should be arranged by individual participants. The following hotels are in the vicinity of Central Park:

Hotel Ocean Side (787) 722-2410 Hotel Normandie (787) 729-2929 Hotel Toro (787) 725-2647
Hotel Caribel Hilton (787) 721-0303 Hotel Miramar (787) 722-6239 Hotel Tanama (787) 724-4160

ENTRY FORM AND ORDER OF EVENTS

Please Enter Me in the Following Events:

7:00 a.m. 101 () 5,000 Run (Men)	10:00 a.m. 117 () 800 (Women-Men)
7:00 a.m. 102 () 3,000 Race Walk (Women)	10:00 a.m. 118 () Hammer Throw (Men)
8:00 a.m. 103 () 5,000 Race Walk (Men)	10:00 a.m. 119 () High Jump (Men)
8:00 a.m. 104 () 3,000 Run (Women)	11:00 a.m. 120 () 100 Hurdles (Women)
8:00 a.m. 105 () 300 Hurdles (Men)	11:00 a.m. 121 () Javelin (Women)
8:00 a.m. 106 () Shot Put (Women)	11:30 a.m. 122 () 110 Hurdles (Men)
8:00 a.m. 107 () Discus (Men)	12:00 noon 123 () 80 Hurdles (Men)
8:00 a.m. 108 () High Jump (Women)	12:30 p.m. 124 () 4x100 Relay (Women-Men)
8:00 a.m. 109 () Long Jump (Women)	1:00 p.m. 125 () Hammer Throw (Men)
8:30 a.m. 110 () 400 Hurdles (Men)	1:00 p.m. 126 () Triple Jump (Men)
8:30 a.m. 111 () Discus (Women)	1:30 p.m. 127 () 400 (Women-Men)
9:00 a.m. 112 () 100 Dash (Women-Men)	2:00 p.m. 128 () Javelin (Men)
9:00 a.m. 113 () Shot Put (Men)	3:00 p.m. 129 () 200 (Women-Men)
9:00 a.m. 114 () Weight Throw (Women)	3:30 p.m. 130 () 1 mile (Special Event Men)
9:00 a.m. 115 () Long Jump (Men)	4:30 p.m. 131 () 1,500 (Women-Men)
9:30 a.m. 116 () Hammer Throw (Women)	5:00 p.m. 132 () 4x400 Relay (Women-Men)

Order of competition will be: women and men, old to young

Note: After the meet we will have dinner and music, free for all participants

NAME: _____ AGE _____ MALE () FEMALE () PHONE _____

ADDRESS: _____

AGE (as of August 15, 1997) _____ CATEGORY _____ COUNTRY _____

ATHLETIC RELEASE

Athletic Release: In consideration of the right to participate in the San Juan Annual Masters Track and Field Championships, I do hereby for myself, my heirs and executor, waive, release and forever discharge any and all claims for damages which may have, or which may hereafter accrue to me against the city of San Juan, Puerto Rico Masters Association, The Organizing Committee or their officers or agents and the Parque Central and any and all sponsors of the aforementioned championships. I certify that I have no physical defects which prevent me from competing and I compete at my own risk.

Applicant Signature _____ Date _____

P.O. Box 31300, 65th Infantry Station, Rio Piedras, P.R. 00929-0300 - Tel.: (787) 724-6157 Fax: (787) 757-1876

Masters Scene

NATIONAL

• According to **Becky Sisley**, USATF Northwest Regional Coordinator, the Oregon TC Masters intend to bid to host the National Masters T&F Championships in the year 2000. With the 1998 meet in the far northeast at Orono, ME, and the 1999 meet in the southeast at Orlando, FL, the Eugene-based club believes it will be time to return to Hayward Field for the first championships of the 21st century. The last national masters championships held in Eugene were in 1994 and drew over 1400 athletes.

• **Road Race Management**, the newsletter for race officials, is seeking nominations for its Road Race Director of the Year Award (presented by *Running Times*). Nominations close Sept. 13. A ten-member committee comprised of past recipients, elite athletes, corporate sponsors, members of the media, and RRCA USATF officials will choose the winner, who will be announced at the annual RRM Race Director's Meeting, Nov. 15, in Washington, DC. For nomination forms, send SASE to **Jeff Darman**, c/o RRM, Race Director of the Year, 2300 Ninth St. South, Suite 300 B, Arlington, VA 22204.

EAST

• The Eastern All-Stars quartet of **Sam Madia**, **Jim Manno**, **Archie Messenger**, and **John McManus** shattered the M70-79 WR for the 4x800 relay with a pending 12:12.4 at the Shore AC Summer Relays, Monmouth U., West Long Branch, NJ, June 28. The West Valley TC held the former record of 12:35.4, set at

Saratoga, CA, on Sept. 21, 1996.

• **Jeff Foster**, 40, an assistant t&f coach at Edinboro St. U., captured the overall title with a 71:37 in the Clarion River Half-Marathon, Cook Forest St. Park, PA, April 5. His wife, **Mariann**, 27, was first female overall in 83:13. Four of the first five males overall were M40+s, with **Malcolm East**, 41, second, 72:49, and **Carl Bialo**, 40, third, 73:13. The first W40+ was **Cindy Grimm**, 45, in 90:24.

• **Mike Mutek**, 45, Reston, VA, in 19:33, and **Mary Ellen Gonyea**, 50, Burke, VA, in 23:58, negotiated masters decisions in the Lawyers' Have A Heart 5K, Washington, DC, June 1. **Steve Forman**, 56, McLean VA, represented himself well with an M40+ fifth-place 20:14. In an adjunct 10K, **Dave Bollinger**, 41, Bethesda, MD, with a 35:56, and **Helen Hiser**, 40, Washington, DC, with a 43:30, recorded masters victories. **Heldie Pirie**, 52, Fairfax, VA, second W40+, was adjudged the best performer for her 43:50.

• **Bruce Hamilton**, 41, Fairfax, VA, posted the fastest time of all heats, with a 4:31.08, in the Pennsylvania Avenue Mile, Washington, DC, June 14. **Fay Bradley**, 59, Washington, DC, was seventh M40+ in 4:54.54. **Chris Stockdale**, 53, Takoma Park, MD, was the first W40+ in 5:39.11.

SOUTHEAST

• **Steve Placencia** ran the third fastest time by a U.S. M40+, 29:51, to defeat Mexico's **Martin Mondragon** (30:19); **Jane Welzel** was the first W40+ in 34:38, Peachtree 10K, Atlanta,

July 4.

• **Betty Vosburgh**, W65, broke seven of the 17 meet records erased at the Nashville Striders/Nashville TC Meet, Vanderbilt U., TN, June 28. **Chris Clark**, M40, hit the 183-1 mark with the javelin. Over 100 athletes participated.

• **Keith Swadkins**, 44, Birmingham, England, ran a sparkling 58:32 to capture first overall in the Firecracker 10 Mile, Daytona Beach, June 28. **Bernie Candy**, 49, St. Augustine, FL, was third overall in 61:47. **Stephanie Griffith**, 42, Jacksonville, FL, nabbed the W40+ first in 76:08. The course was an out-and-back on a sometimes wet and soft beach.

• **Roger Rouiller**, 58, Ft. Pierce, FL, exploded to an overall, age-graded first of 14:51 with a fourth-place 17:48, in the Florida Sebastian River Area C of C 5K Freedom Run, July 4. **Tom Hoffman**, 45, Melbourne, FL, was second A-G with 17:42/16:26. The first A-G W40+ was **Billie Jean Schwartz**, 64, Melbourne, with 26:38/18:07.

MIDWEST

• **Jeff Foster**, M40, won the masters contest in the Great Race 10K, Elkhart, IN, May 26, with a 31:53 worth \$300. **Bill Rodgers**, M45, was second M40+ in 32:05. **Patti Terhune**, W40, also pocketed \$300 for her first-place W40+ 41:39.

MID-AMERICA

• **Dale Lance**, M55, 1995 USATF Masters T&F Athlete of the Year, posted the fastest 100 (12.81) in the USATF Mid-America Regional Masters Championships, Joplin, MO, June 7. **Joe Lichner**, M50, and **Cathy Love**, W35, fought it out for distance honors, with Love taking the 800 by two seconds in 2:25.80, and Lichner, the 1500 by three seconds in 4:50.01.

• **Bobby Kincaid**, Kansas City, MO, celebrated his 59th birthday on June 2, 1996 by running in the Hospital Hill 12K in 46:13, a U.S. single-age record. On June 1, 1997, Kincaid again ran the HH 12K as a 60-year-old, with a very good 47:54, despite a painful foot injury. If he had been born a week earlier, he would have won the M60 5K (17:48) and 10K (37:00) at the Senior Sports Festival in Tucson in May. Kincaid made up some of his loss by traveling to the Hayward Classic in Eugene with fellow Kansan **Paul Heitzman** and winning the 3000 (11:00), 5000 (18:50), and 10,000 (39:04). Kincaid was the 1956 Missouri HS champion in the mile (4:31.7) and half (2:03.5).

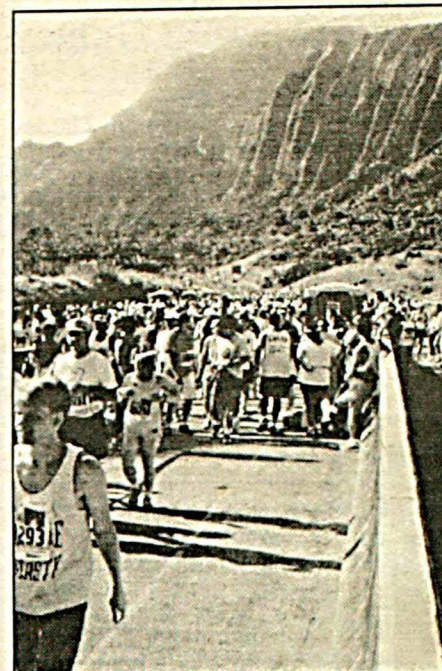
SOUTHWEST

• A few contestants had already headed for home after an inch of rain fell early on June 21 during the Hill Country Classic Meet, Mason, TX. It started to pour again about 11:30 Saturday night and before the storm disappeared on Sunday at 10:30 p.m. the total rainfall measured 12.1". The infield of the track at the high school where the meet was held was covered with 18" inches of water after a creek overflowed its banks and moved the pole vault pit. In spite of the rain, 111 athletes, coming from 52 cities and four states, participated and broke 18 age-group records, even though some events were washed out.

• **Wendell Palmer**, M65, broke two U.S. records at the Ponca City T&F Classic, May 31, Ponca City, OK. His 14.17 in the SP erased **Philip Brusca's** 13.10 set in 1993, and his 51.90 in the DT erased **Thomas McDermott's** 49.72 set all the way back in 1984.

WEST

• **Nadine O'Connor** stretched the US W55-59 LJ record to 13-7 from 12-9 1/4 by **Christel Miller** in 1990, and **Carol Johnson** upped the M85-89 WR for the PV from 6-2 1/4 by **Ahita Pajunen** in 1995 to 6-6 1/4 at the Dan Aldrich Memorial/Anteaters Meet, UC-Irvine, Orange County, CA, May 25. About 170 athletes participated.



Runners awaiting start of Great Trans Ko'olau Trek - a 10-mile race on H-3 freeway in Oahu, HI, May 11. Photo by Bob Doleman

• On May 11, some 15,000 participants took part in the Great Trans Ko'olau Trek - a 10-mile race on Oahu's not-yet-opened-to-traffic H-3 freeway. The course stretched upwards through a beautiful valley, ran through a mile-long tunnel, and then headed downhill to the finish in Aloha Stadium. Masters winners were **Lloyd Stephenson** (42, 53:17) and **Connie Comiso-Fanelli** (41, 1:06:44).

• The highlight of the Aloha State Games T&F competition, Honolulu, HI, June 14-15, was the men's 100. Competing were three 77-year-olds plus an 81, 86, and 94-year-old. The M75 title went to **James Crane**, 19.46; the M85 title to **Stan Thompson**, 38.17; and the M90 title to **Irwin Jaskulski**, 25.73.

NORTHWEST

• Next year's Hayward Classic will also serve as the USATF Northwest Regional Championships. The projected date for the Oregon TC Masters 18th annual meet is June 27-28.

• **Becky Sisley**, Eugene, Ore., broke her W55-59 U.S. javelin record of 107-6 with a 114-3 in a meet at Hayward Field, July 10.

CANADA

• **Dave Reed**, 42, improved from a 4:32.3 (A-G 88.1%) in the Mundy Road Mile, June 1, to a 4:22 (A-G 91.6%) in the Ambleside Road Mile, June 7, to take first place with an 89.9% average in the two-race series held in Coquitlam, BC. **Herb Philips**, 56, with 5:12.3 (85.9%) and 4:50 (92.5%), was a close second at 89.2%. **Debbie Collum**, 45, placed fifth overall with 5:27.5 (84.5%) and 5:06 (90.7%). The top ten best average scorers shared \$1000.

INTERNATIONAL

• The British Veteran Athletic Federation Championships drew a record 700 competitors (including guests from Australia, South Africa, and Ireland) to Blackpool, June 28-29. Despite difficulties with the weather and photo-finish equipment, a number of new British records were established. **Dr. Stephen Peters**, European M40 100, 200, and 400 champion, achieved a remarkable feat in wet, windy conditions, winning the 100 in 11.3, the 200 and 400. His main rival, **Kwadwo Ansah**, pulled up injured in the 100 final. Ansah was the only sprinter to beat Peters last season. **Josie Waller**, who made a clean sweep of the W70 1500, 5000 and 10,000 in Miyazaki, set four British records in the W75 800 through to the 10,000.

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Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose, CA 95113. Steve Haas, meet director. 408-288-2935.

August 16. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 206-932-3917.

September 20-21. USATF National Masters Decathlon & Heptathlon Championships, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

October 11. USATF National Masters Weight Pentathlon Championships, Orlando/Disney Sports Complex. Jeff Wentworth, PO Box 10000, Lake Buena Vista, FL 32830-1000. 407-363-6627; fax: 407-363-6601.

July 30-August 2, 1998. 31st annual National Masters Championships, Orono, Maine.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

August 6. Philadelphia Masters Developmental Meet, Swarthmore College, Pa. Timothy Dickens, M.D., 610-828-5528; Bill Krieger, 215-516-2283.

August 17. Philadelphia Masters Championships, Swarthmore College, Pa. (See Aug. 6.)

August 30-31. Potomac Valley TC Games, Williams HS, 3330 King St., Alexandria, VA. 703-671-2520.

September 12-13. Bangor Senior Games, Bangor, Me. 50+. Dianna Weigel, 238 State St., Brewer, ME 04412. 207-432-7812.

September 19-21. New Hampshire Granite State Senior Games, Laconia. GSSG, PO Box 1942, Rochester, NH 03866-1942. 603-322-0055.

September 25-27. Maryland Senior Games, Towson St. U. 50+. Phil Adams, TSU, Unit 1939, Towson, MD 21252. 410-830-4456. No out-of-state.

September 28. New York Masters Fall Mini-Meet, Merchant Marine Academy, Kings Point, N.Y. Throws & jumps only. SASE to Eric Weissbrot, 7 Drury Ln., Great Neck, NY 11023. 516-487-1417 (7-9 pm); Roslyn Katz, 718-358-6233 (7-9 pm) EDT.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

September 25-27. Georgia Golden Games, Robins AF Base. 50+. Vicki Pilgrim, PO Box 958, Winder, GA 30680. 404-657-6644.

September 25-28. Kentucky Senior Games, Elizabethtown. 50+. Deadline: Sept. 1. Ruth Hudson, 24 Public Square, Elizabethtown, KY 42701. 502-765-2175.

September 30-October 5. North Carolina Games, Raleigh. 50+. Margot Raynor, PO Box 33590, Raleigh, NC 27636. 919-851-5456. No out-of-state.

October 25. Celebration of Senior Wellness, Florida St. U., Tallahassee, FL. 850-222-5146.

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

August 2. Cleveland Track Classic, Independence High School, Independence, Ohio. SASE: Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

September 3-14. Wisconsin Senior Games, Milwaukee. 50+. Helen Ramon, 414-821-4444.

September 4-7. Rockford Senior Games. 50+. Patricia Haynes, 1401 N. Second St., Rockford, IL 61107-3086. 815-987-8800.

September 4-13. Mayor Daley Senior Games, Chicago. 50+. Laura Casey, 425 E. McFetridge Dr., Chicago, IL 60605. 312-747-0792.

September 7-12. Active Times Games, Fort Wayne. 50+. Amy O'Boyle, Parks & Rec Center, 233 W. Main St., Fort Wayne, IN 46802. 219-427-6466.

September 23-28. Illinois Senior Games, Springfield. 50+. Deadline: Aug. 3. Annette Fuchs, 1415 N. Grand Ave., Springfield, IL 62702. 217-789-2284.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

August 3. The 21st Century AGELESS GAMES. EMRec. UofMN. See entry info. page 17, and/or SASE to Rachel Lyga, 122-NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

August 5-10. Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

August 21. Denver TC Meet, All-City Stadium. 6 p.m. Andre Raveling, 303-320-0750.

August 30-31. Rocky Mountain Masters Games, Boulder, Colo. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-

2452; Dave Simmons, 303-443-4919.

September 5-9. Good Life Games, St. Joseph, Mo. 50+. Stephanie Mefford, 801 Faraon, St. Joseph, MO 64501-1892. 816-271-1033.

September 12-14. South Dakota Senior Games, Pierre, 50+. Deadline: Aug. 31. Jaci Casanova-Keller, 1007 E. Cabot, Pierre, SD 57501. 605-773-3656.

September 14. Paavo Nurmi Challenge, All-City Stadium, Denver. Runners do 1500 & 5000, 55 minutes apart. Results age-graded. Andre Raveling, Denver TC, 303-320-0750.

October 5. Denver TC 20K 4-Runner Relay, All-City Stadium. Andre Raveling, 303-320-0750.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 1-2. Oklahoma Masters Athletic Meet, Spaulpa H.S. Stadium, Tulsa, Okla. 918-446-0064.

August 13-16. UMC West Texas Senior Sports Classic, Lubbock. 50+. Peter Laverty, 806-767-2710.

August 20-24. Pioneer Senior Games, Stillwater. 50+. Pioneer Sr. Games, Box 1449, Stillwater, OK 74076. 405-747-8080.

September 11-14. North Texas Senior Games, Wichita Falls. 50+ Deadline: Aug. 22. Betty Brown, 817-322-6232.

September 18-21. Arkansas Senior Games, Hot Springs. 50+. Gail Ezelle, PO Box 3377, Hot Springs, AR 71914. 501-321-1441.

September 18-24. Oklahoma Senior Games, Tulsa. 50+. Deadline: Sept. 13. Dana Short, 1710 W. Charles Pape Blvd., Tulsa, OK 74127. 918-596-7866.

WEST

Arizona, California, Hawaii, Nevada

August 30. Northern California Senior Classic, Logan HS, Union City. Deadline: Aug. 20. Don Rose, 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177.

September 8-21. San Diego Senior Olympics, San Diego, CA. T&F, 10K, 5K, RW. 619-233-9950.

September 20. San Diego Senior Games, San Diego St. U. 50+. Deadline: Sept. 5. David Pain, 619-582-3316.

September 27. KELfield 5th Annual Throws Meet, Santa Cruz. No fees. All-You-Can-Eat BBQ. WT & SW. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 4. Club West Meet, Santa Barbara City College, Santa Barbara, Calif. Beverley Lewis, 805-969-5851.

October 12. Sri Chinmoy Masters Games, Cal State Long Beach, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

October 13-24. Huntsman World Senior Games, St. George, Utah. 1-800-562-1268.

November 15. Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

CANADA

August 16-17. Canadian Masters AA National Championships (M40+/W35+), Metro T&F Centre, York U., Toronto. Non-championships: M35+/W30+. Jim Flowers, 479 Drewry Ave., Willowdale, Ontario, M2R 2K9, Canada. 416-226-4713.

ON TAP FOR AUGUST

TRACK AND FIELD

After an eight-year hiatus from the West Coast, the USATF National Masters Championships return to California for a four-day session from the 7th through the 10th in San Jose. Over 1000 athletes are expected to participate in the 30th annual event. On a smaller scale, but with larger participants, the National Masters Weight & Superweight are scheduled a week later in Seattle on the 16th. The month opens with the Oklahoma Masters Meet, Tulsa, on the 1st-2nd, and the AGELESS Games, Minneapolis, on the 3rd, and closes with the Rocky Mountain Masters Games, Boulder, Colo., and Northern California Seniors Meet in Union City (Bay area) on the 30th. Multi-sport senior games (50+) are available in Colorado, Texas, Oklahoma, and Illinois.

LONG DISTANCE RUNNING

Events are wide ranging in place and length, starting with the George Sheehan 10K, Red Bank, N.J., on the 9th, and the New England 10K Championships, Salem, Mass., on the 10th. The Parkersburg Half-Marathon, W. Va., is set for the 16th, followed by San Diego's America's Finest City Half-Marathon, the Falmouth 7.1 Mile, Mass., and the Pikes Peak Marathon, Colo., on the 17th. While Northwest runners engage in the Hood To Coast Relay in Oregon, starting on the 22nd, others can opt for the Crim 10 Mile, Flint, Mich.; Maggie Valley 8K, N.C.; and a rarely run distance of 15 miles in the Charleston 15 Mile, W. Va., on the 23rd. Runners in the Silver State Marathon on the 24th will find plenty of pre- and post-race action in Reno.

RACEWALKING

The Nationals in San Jose include championship races in the 5000 on the track and women's 10K and men's 20K on the road.

September 6. Canadian Masters AA InterClub Championships, Metro T&F Centre, York U., Toronto. M35+/W30+. Awards - age-graded basis. Jim Flowers, 479 Drewry Ave., Willowdale, Ontario, M2R 2K9, Canada. 416-226-4713.

INTERNATIONAL

August 16. XVII San Juan Masters Championships, Central Park Facility, Miramar Santurce, Puerto Rico. Prize money for M40+ mile. Puerto Rico Masters Association, PO Box 31300, 65th

Continued on next page

Continued from previous page

Infantry Station, Rio Piedras, PR 00929-0300. Wilfredo Picorelli, 787-757-1875; fax 787-757-1876.

September 28-29. Russia-Germany-Ukraine Match, Sochi, Russia. Vadim Marshov, 8 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax: 7-095-573-4150; 7-095-412-4475; 7-095-456-1815.

October 24-November 1. Australian Masters Games, Canberra. The Games Company, GPO Box 2697, Canberra 2601, Australia. Hotline: 06-207-9097.

January 17-28, 1998. 9th Oceania Veterans Games, Hawkes Bay. Jim Tobin, Box 7144, Taradale Napier. Phone/fax: 06-844-5072; mobile phone: 025-240-8880.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

LONG DISTANCE RUNNING

NATIONAL

September 1. USATF National Masters 8K Cross-Country Championships, Pasco, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

October 5. USATF National Masters Marathon Championships, Minneapolis/St. Paul, Minn. Indy Life Circuit Race. 1 1/2 X points. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 25. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-742-5418.

November 14-16. Road Race Management's Race Directors' Meeting & Trade Show, Washington, D.C. RRMRD Meeting, 2300 Ninth St. South, Suite 300B, Arlington, VA 22204. 703-685-7181.

EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

August 3. Manhattan Half-Marathon, Central Park. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

August 9. George Sheehan Classic 10K, Red Bank, N.J. John Haulenbeek, PO Box 157, Spring Lake, NJ 07762. 908-974-8457.

August 10. USATF New England 10K Championships, Salem, Mass. SCNA, PO Box 8608, Salem, MA 01971-8608. 508-921-1990.

August 17. Falmouth 7.1 Mile, Falmouth, Mass. 508-540-7000.

August 24. Roosevelt Island 10K, NYC. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.

860-4455; fax: 860-9754.

September 7. NYC Marathon Tune-Up 30K, Central Park, NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

September 14. Harvard Pilgrim 5K, Providence, R.I. Pilgrim 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4034.

September 14. Runs For Life 10K & 3K, Picatinny Arsenal, Dover, N.J. Runs For Life, PO Box 210, Wharton, NJ 07885. Hotline: 201-927-8823; e-mail: drears@sunsite.unc.edu.

September 20. Great Cow Harbor 10K/RRCA Championships, Northport, N.Y. SASE to GCH 10K, PO Box 41, Northport, NY 11768.

September 21. Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

September 21. Eriesistible Marathon, Erie, Pa. Tim King, PO Box 8311, Erie, PA 16505. 814-452-1023.

September 28. Falling Leaves 5K/RRCA National Championships, Utica, N.Y. Jim Stasaltis, Utica RR, PO Box 4141, Utica, NY 13504. 315-797-4949.

September 28. Rockland County Half-Marathon, Orangeburg, N.Y. Tappan Zee Boosters, PO Box 249, Orangeburg, NY 10962. 914-359-5425.

September 28. Philadelphia Half-Marathon. SASE to PDR, PO Box 43111, Philadelphia, PA 19129. 610-293-0786.

September 28. Richard S. Caliguri Pittsburgh Great Race 10K & 5K. Great Race, 400 City-County Blvd., Pittsburgh, PA 15219. 412-255-2493.

November 2. New York City Marathon. SASE for "How to Apply" brochure to NYC Marathon, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

August 16. Big Dog 10K/Little Dog 5K, Ft. Eustis, Va. Mike Cicero, 757-878-2097.

August 23. Maggie Valley Moonlight 8K, Maggie Valley, N.C. 704-926-1686.

August 29 (Fri.). Midnight Flight Mile/5K/10K, Anderson, S.C. Masters money. Debra Sanders 864-226-5953; Dan Shoaf, 864-226-3063.

August 30. Cheatham Lake 6K, Williamsburg, Va. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 757-229-7375.

September 1. U.S. 10K Classic, Atlanta. Classic, 6400 Highlands Pkwy., Suite C, Smyrna, GA 30082. 770-432-0100.

September 6. Run By The River 5K, Clarksville, Tenn. \$9600 for M&W masters & grandmasters. SASE to RBTR 5K, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

September 27. Virginia 10 Miler, Lynchburg. Chris Ellis, Greater Lynchburg C of C, PO Box 2027, Lynchburg, VA 24501. 800-732-5821.

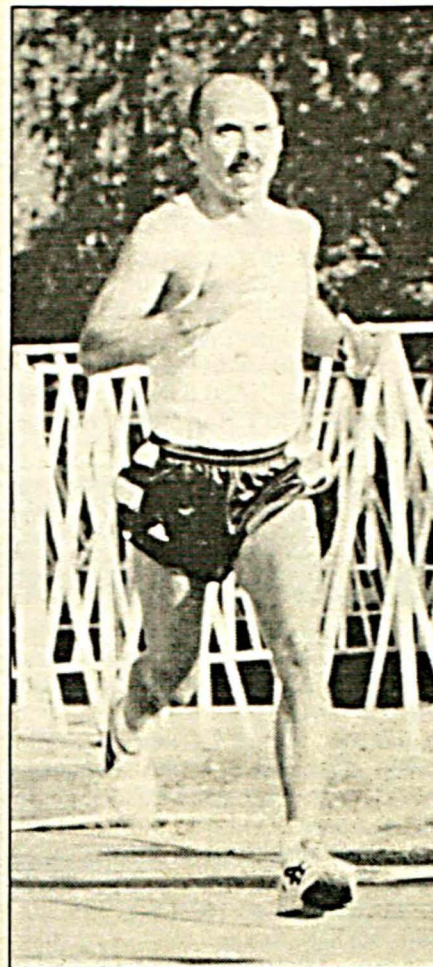
February 28. Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780.

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

August 9. Paavo Nurmi Marathon/Relay, Hurley, Wisc. 715-561-4334.

August 16. Camden-Clark Parkersburg Half-Marathon/USATF Open Men's Na-



Michael Bressi, 43, Elizabethtown, Pa., second M40 (50:22), George Washington Parkway 15K, Alexandria, Va. Photo by George Banker

tional Championships. Louie A. Haer Jr., PO Box 718, Parkersburg, WV 26102. 304-424-2786.

October 19. Chicago Marathon. Marathon, Dept. 2100, 134 S. LaSalle St., Chicago, IL 60674-2100. 888-243-3344; fax: 312-243-5652.

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

August 17. Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

August 23. Charleston Distance 15 Mile, Charleston, W. Va. 304-348-6464.

September 1. Heart Of America Marathon, Columbia, Mo. Columbia TC, PO Box 1872, Columbia, MO 65205. 573-445-2684.

October 26. Greater Kansas City Marathon 10K & 5K, Kansas City, MO. Karen Raymore, PO Box 1216, Raymore, MO 64083.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 2. Texas Avenue Mile, El Paso. 915-533-9062.

WEST

Arizona, California, Hawaii, Nevada

August 17. America's Finest City Half-Marathon, San Diego. 619-297-3901.

August 24. Silver State Marathon, Reno, Nev. Ski Pisarski, SS Marathon, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.

September 19-20. The Relay - Napa To

Santa Cruz, Calif. 194 miles/12-member teams. Starts in Calistoga. The Relay, 570 El Camino Real, Suite 150, Redwood City, CA 94063. 415-508-9700; fax 508-9703.

September 28. Orange County Race For The Cure 5K, Newport Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 714-224-0299.

October 11. Wrightwood Mountain Challenge, Half-Marathon & 5K, Wrightwood, CA. Kathy Smith, PO Box 1815, Wrightwood, CA 92397.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

August 22-24. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. New categories: 50+ men's, women's and mixed teams. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax 292-4113.

September 20. Idaho Women's Fitness Celebration 5K, Boise. Maryanna Young or Anne Audain, 511 W. Main St., Boise, ID 83702. 208-331-2221; fax: 331-2223.

September 20. Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-1103.

September 28. Portland Marathon. PM, PO Box 4040, Beaverton, OR 97076. Hotline: 503-226-1111.

October 4. St. George Marathon, Utah. 4000 limit; registration closed. 801-634-5850.

INTERNATIONAL

August 31. BVAFF Marathon Championships, Stokes Ferry, Norfolk, England. Tony Hunt, The Dell, Stokes Ferry, Norfolk, England. Tel: 01366500309.

October 26. Athens Marathon, Athens, Greece. Apostolos Greek Tours, Inc., 3145 S. Akron St., Denver, CO 80231. 970-669-8377.

RACEWALKING

August 7-10. USATF National Masters T&F Championships, San Jose, Calif. W10K roadwalk; M20K roadwalk; 5000m track. See T&F National schedule.

August 22-23. Portland To Coast Walk Relay, Portland to Seaside, Ore. 125 miles. Team: up to 12 walkers, each traveling 2 legs from 3.9 to 7.1 miles. See LDR-Northwest.

September 7. USATF National Masters 40K Racewalk Championships, Long Branch, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080. Ray Funkhouser, 908-341-7386.

September 13. USATF National Masters 5K Racewalk Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

September 14. BVAFF 10K Racewalk Championships, Leicester, England. Peter Adams, 7 University Close, Syston, Leicester, LE7 2AY, England. Tel: 0116 2606628.

September 27. Alongi Intl. Racewalk Classic, Dearborn, MI. Vance Genzlinger, c/o Genzlinger Associates, 5700 Crooks Road, Ste. 212, Troy, MI 48098.

October 12. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, USATF New England, PO Box 1905, Brookline, MA 02146-1905. 617-821-3000; 731-9062.

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M40-44

Bob Blackburn	Long Jump	19-11	06-14-97
Mark Breault	Pole Vault	13-2	06-08-97
Rick Easley	400	53.1	06-11-96
	800	2:01.55	05-12-96
	400HH	60.58	08-22-96
Brad Reid	Discus	143-5	05-17-97
Barry Wise	100	11.11	06-24-97
	200	23.67	06-24-97

M45-49

Larry Readman	56# Weight	8.45	04-06-97
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M50-54

Geoffrey Brown	Discus	141-6	06-17-97
Gary Geiger	200	25.2	06-10-97
Bill Harriman	Mile RW	8:03.3	05-21-97
Mark Hosler	5K	16:37.60	04-20-97

M55-59

Jim Clark	800	2:29.97	03-24-97
	800	2:25.44	05-11-97
	Mile	5:21.98	03-23-97
Robert Ferrier	1500 RW	7:46	05-26-97
	5K RW	26:09	05-26-97

Gerard

Malaczynski	10K	37:17.2	05-31-97
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M60-64

Bob Golly	100H	19.93	06-29-97
	200	28.22	06-29-97

M65-69

Robert Coffey	10K	43:21	05-24-97
	5K	20:13	05-26-97
John Hurd	200	29.16	05-28-97

M70-74

Gian Sahota	800	3:06.62	05-28-97
	1500	6:05.990	05-28-97
	5K	22:35	05-28-97
	10K	46:43	05-28-97
	Javelin	101-07	05-28-97
Winfred Talley	5K	22:08	05-28-97
	10K	46:40	05-28-97

M75-79

Gilbert Young	High Jump	1.14	06-29-97
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W40-44

Jo Ann Owen	5K RW	27:48	05-26-97
	1500 RW	8:22	05-25-97

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/4	6- 7/8	5-9/16	5-6	5-2 1/4	4-11	4-7/16	4-4	4- 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/4	13-7 1/4	12-9 1/4	11-9 1/4	10-10	9-2 1/4	8-4 1/4	7-6 1/4	6-8 1/4	5-11	4-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/4	19-2 1/4	17-10 1/4	16-9	15-7	14-5 1/4	13-1 1/4	11-11 1/4	11-0	9-10	8-8 1/4
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/4	41-6	39- 3/4	36-7	34-1 1/4	31-8	29-2 1/4	26-11	24-7 1/4	22-4	20- 1/2	18- 1/4
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/4	46-3 1/4	42-8	39-4 1/4	40-8 1/4	36-9	39-4 1/4	35-5 1/4	33-0	28-10 1/4	25-1 1/4	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/4	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250
Wt. Pen	2800	2800	2800	2900	3000	3000	3000	3000	2900	2800	2700	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 800g; 60+: 600g
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec/WtPen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				

MEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
1 Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	78:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.8	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/4	4-2	3-11	3-8	3-6 1/4	3-4 1/4	3-2 1/4	3-0 1/4	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/4	7-10 1/4	6-11	5-11	4-11	3-11	3-7 1/4	3-3 1/4	2-11	2-7 1/4	2-3 1/4
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/4	12-9 1/4	11-8	10-6	9-4 1/4	8-6 1/4	7-8 1/4	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2 1/4	28-2 1/4	25-7 1/4	23-7	21-0	18-8 1/4	17-1	15-5	13-9 1/4	12-5 1/4
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/4	30-6 1/4	27-7	25-3 1/4	26-1	23-7 1/4	21-4	19-0 1/4	17-3	15-5	13-11 1/4
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/4	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16#Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
Wt.Pen.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

EAST

MAC New York Relays Randalls Island, NYC; May 3-4

100m	
M30 Joseph Bencivenga	12.30
M40 Rockdale Hudson	12.70
M45 Jesse Norman	12.60
M55 Gene Ballard	13.30
M60 Tom Talbott	21.80
W30 Aletha Morris	13.60

400m	
M35 Conor O'Driscoll	56.10
M40 Francis Schiro	56.50
M60 Tom Talbott	1:34.40
W30 Aletha Morris	1:04.80
W45 Mary Trotto	1:32.00

800m	
M30 David Ducker	2:46.30
M35 Donor O'Driscoll	2:05.50
M40 Joe Gonzalez	2:26.00
M50 Frank Handelman	2:25.70
W45 Mary Trotto	3:38.80

1 Mile	
M30 Grover Prince	5:22.00
M65 Joseph Kernan	7:42.50
M70 Des Margetson	7:42.30
W45 Mary Trotto	7:27.80

Long Jump	
M60 Tom Talbott	2.45
Triple Jump	
M60 Tom Talbott	5.99

Shot Put	
M45 Rich Dunphy	10.93
M60 William Barker	10.48
W30 Virginia Palmer	8.80
W45 Joyce Halls	7.30
W60 Anne Cirulnick	8.25

Discus	
M45 Rich Dunphy	27.22
M60 William Barker	36.04
W55 Roslyn Katz	20.80
W60 Anne Cirulnick	17.36

Javelin	
M50 Harry Schneider	41.64
M55 Richard Kaye	25.46
M60 William Barker	25.46
W30 Michele Bussanich	21.54
W55 Roslyn Katz	17.72

1 Mile RW	
M70 Len Scheer	11:16.50
W40 Luanne Pennesi	9:44.40
W60 Rhoda Green	10:06.20
3000m RW	
M50 Gary Null	15:50.80

MAC Field & Multi-Event Carnival

Randalls Island, NYC; May 18

High Jump	
M70 Desmond Margetson	1.07
Long Jump	
M70 Desmond Margetson	2.93
Triple Jump	
M70 Desmond Margetson	6.73

Shot Put	
M40 Dennis Hansen	12.43
M45 Rich Dunphy	10.66
M50 Carl Levine	9.52
M55 Charles Greene	9.54
M60 Pete Barker	10.96
W30 Michelle Bussanich	6.38
W55 Roslyn Katz	7.56

Discus	
M45 Rich Dunphy	25.34
M50 Frank Monroe	35.76
M60 Pete Barker	34.30
W30 Michelle Bussanich	12.60
W55 Roslyn Katz	20.44

Javelin	
M30 Daniel Alonzo	61.84
M40 Karl Molitoris	48.88
M50 Carl Levine	26.08
M55 Richard Kaye	19.96

M60 Pete Barker	25.26
M70 Desmond Margetson	14.44
W30 Michelle Bussanich	20.52
W55 Roslyn Katz	18.48

Potomac Valley TC Meet Alexandria, VA; May 25

100m	
M30 Todd Barborek	12.30
M40 Ken Cross	14.50
M50 Walter Gibson	13.20
M60 Larry Colbert	13.00

200m	
M30 Todd Barborek	26.10
M35 Mac Allen	27.30
M40 Thomas Jones	23.20
M45 J J Wind	33.50
M50 Walter Gibson	28.70
M60 William Smith	36.20
W40 Pamela Wusthof	34.40

400m	
M35 Mac Allen	59.40
M40 Cyrus Rohrer	55.00
M45 Jack Barrar	1:02.90
M50 Edwin Simmons	1:13.70
M60 Larry Colbert	57.40
W40 Pamela Wusthof	1:19.90

800m	
M35 Gordon Smith	2:10.50
M40 Bruce Hamilton	2:05.30
M45 Wayne Harris	2:21.00
M65 James Keat	3:21.40
W35 Keg Good	3:05.60

1 Mile	
M30 Charles Ferguson	4:49.10
M35 Anthony Vodacek	4:37.70
M40 Bruce Hamilton	4:37.50
M45 Paul Ryan	4:44.50
M50 Bob Weiner	5:49.80
M65 Larry Dickerson	5:57.00
W30 Nancy Horan	6:02.10
W35 Bernadette Flynn	5:59.60
W50 Joy Chambers	9:04.20

3000m	
W40 Pamela Wusthof	14:55.90

Short Hurdles	
Lloyd Jeremiah	15.70
Long Hurdles	
M65 John Martin	1:05.20

High Jump	
M35 David Shorr	5-6
M40 Bruce Hamilton	5-2
M50 Bob Weiner	3
M65 John Martin	3-6
Shot Put	
M45 Eugene Burns	45-4
M50 Victor Litwinski	31-10
M55 Albert Gardner	

Discus	
M40 Rob Richardson	114-10
M50 Mike Matthew	118-6
M55 Norman Johnson	93-9
M60 Bill Smith	136-6
M65 Jo Burns	23-6
Javelin	
M40 Rob Richardson	121-7
M45 Randy Yohe	92-3
M50 Russ White	170
W35 Keg Good	55-8
W49 Jo Burns	15-9

1600m RW	
M30 Cliff Tell	11:59.90
M45 B E Booth	7:43.20
M50 Victor Litwinski	8:58.60
W35 Keg Good	10:18.50
3000m RW	
M45 B E Booth	14:53.00
M50 Victor Litwinski	17:18.00

Shot Put	
M30 Glenn Thompson	18.00
M35 Warren Taylor	15.27
M45 Karl Johnson	14.90
M50 Terry Shuman	13.96
M55 Jai Sinf	9.13
M60 Meemo Maasik	11.75
W30 Nicole Phillips	10.25
W50 Joyce Bahr	7.36
W55 Roslyn Katz	7.75
W60 Anna Cirulnick	8.65

Discus	
M30 Jim Seifert	57.28
M35 Warren Taylor	46.72
M45 Karl Johnson	42.26
M50 Terry Shuman	45.78
M60 Meemo Maasik	38.22
M70 Herb Cantor	27.68
W30 Nicole Phillips	29.48

Long Hurdles	
M40 Joseph Gonzalez	1:06.4
M45 Jesse Norman	1:05.4
M60 Ed Kent	58.4

Triple Jump	
M40 Ivan Black	37-6.50
M50 Bill Walsh	33-6.75
M60 Ed Kent	28-50
M75 Hillar Saareste	22-6
M80 Sparks Sorlein	23-1.50

Shot Put	
M30 Glenn Thompson	18.00
M35 Warren Taylor	15.27
M45 Karl Johnson	14.90
M50 Terry Shuman	13.96
M55 Jai Sinf	9.13
M60 Meemo Maasik	11.75
W30 Nicole Phillips	10.25
W50 Joyce Bahr	7.36
W55 Roslyn Katz	7.75
W60 Anna Cirulnick	8.65

Discus	
M30 Jim Seifert	57.28
M35 Warren Taylor	46.72
M45 Karl Johnson	42.26
M50 Terry Shuman	45.78
M60 Meemo Maasik	38.22
M70 Herb Cantor	27.68
W30 Nicole Phillips	29.48

M40 Rick Lapp	12.2
M45 Jesse Norman	11.8
M50 Ron Johnson	12.0
M55 Julio Marin	13.7
M60 Kim Thomas	13.9
M65 Tom McCormick	15.7
M70 Don Brown	19.0
M80 Sparks Sorlein	19.3
W30 Aletha Morris	12.8
W35 Louise Clark	13.4
W40 Denise Avent	14.5
W45 Sharon Warren	14.0
W50 Mary Trotto	18.7

200m	
M40 Francis Schiro	25.1
M45 Jesse Norman	23.7
M50 Ron Johnson	24.0
M55 Julio Marin	27.3
M60 K M Thomas	30.2
M65 Tom McCormick	32.2
M70 Don Brown	40.7
M80 Sparks Sorlein	41.1
W30 Aletha Morris	26.6
W35 Helen Nelson	27.7
W40 Denise Avent	29.9
W45 Sharon Warren	29.1
W50 Mary Trotto	37.7

400m	
M35 Joseph Russi	57.4
M40 Adrian Sterrett	54.5
M45 Rob Jackson	55.0
M50 Richard Hammer	58.6
M55 Edward Small	1:04.8
M60 Tom Talbott	1:20.3
M70 Don Brown	1:31.9
W30 Charlene Landrun	1:03.7
W35 Caryl Senn	1:03.4
W50 Mary Trotto	1:30.4

800m	
M30 Adrian Sterrett	2:07.3
M40 Joe Gonzalez	2:20.8
M50 Luis Taran	2:46.8
M60 Tom Talbott	4:24.5
M65 Joe Kernan	3:22.8
M70 Don Brown	4:01.1
W35 Georgette Dubois	2:54.2

1500m	
M40 William Vaughn	4:19.5
M45 Juan Hernandez	4:58.0
M50 Luis Teran	5:33.9
M65 Joseph Kernan	6:46.1
M70 Don Brown	7:32.2
W35 Georgette Dubois	5:42.5
W50 Mary Trotto	6:50.1

5000m	
M40 Paul Salerni	20:32.4
M45 Bob Morite	17:41.7

High Jump	
M30 Don Olson	6-2
M45 Ivan Black	4-10
W30 Aletha Morris	4-10
Long Jump	
M35 Jose Neftali	13-3
M45 John Oleski	18-5.50
M50 Luis Teran	11-3.75
M55 Julio Marin	13-8.50
M60 Ed Kent	14-9.50
M70 Don Brown	8-10.50
M75 Hillar Saareste	10-1.75
W30 Dawn Best	12-50
W35 Carly Senn	16-9.50

Triple Jump	
M40 Ivan Black	37-6.50
M50 Bill Walsh	33-6.75
M60 Ed Kent	28-50
M75 Hillar Saareste	22-6
M80 Sparks Sorlein	23-1.50

Shot Put	
M30 Glenn Thompson	18.00
M35 Warren Taylor	15.27
M45 Karl Johnson	14.90
M50 Terry Shuman	13.96
M55 Jai Sinf	9.13
M60 Meemo Maasik	11.75
W30 Nicole Phillips	10.25
W50 Joyce Bahr	7.36
W55 Roslyn Katz	7.75
W60 Anna Cirulnick	8.65

Discus	
M30 Jim Seifert	57.28
M35 Warren Taylor	46.72
M45 Karl Johnson	42.26
M50 Terry Shuman	45.78
M60 Meemo Maasik	38.22
M70 Herb Cantor	27.68
W30 Nicole Phillips	29.48

Long Hurdles	
M40 Joseph Gonzalez	1:06.4
M45 Jesse Norman	1:05.4
M60 Ed Kent	58.4

Triple Jump	
M40 Ivan Black	37-6.50
M50 Bill Walsh	33-6.75
M60 Ed Kent	28-50
M75 Hillar Saareste	22-6
M80 Sparks Sorlein	23-1.50

Shot Put	
M30 Glenn Thompson	18.00
M35 Warren Taylor	15.27
M45 Karl Johnson	14.90
M50 Terry Shuman	13.96
M55 Jai Sinf	9.13
M60 Meemo Maasik	11.75
W30 Nicole Phillips	10.25
W50 Joyce Bahr	7.36
W55 Roslyn Katz	7.75
W60 Anna Cirulnick	8.65

Discus	
M30 Jim Seifert	57.28
M35 Warren Taylor	46.72
M45 Karl Johnson	42.26
M50 Terry Shuman	45.78
M60 Meemo Maasik	38.22
M70 Herb Cantor	27.68
W30 Nicole Phillips	29.48

Long Hurdles	
M40 Joseph Gonzalez	1:06.4
M45 Jesse Norman	1:05.4
M60 Ed Kent	58.4

Triple Jump	
M40 Ivan Black	37-6.50
M50 Bill Walsh	33-6.75
M60 Ed Kent	28-50
M75 Hillar Saareste	22-6
M80 Sparks Sorlein	23-1.50

Shot Put	
M30 Glenn Thompson	18.00
M35 Warren Taylor	15.27
M45 Karl Johnson	14.90
M50 Terry Shuman	13.96
M55 Jai Sinf	9.13
M60 Meemo Maasik	11.75
W30 Nicole Phillips	10.25
W50 Joyce Bahr	7.36
W55 Roslyn Katz	7.75
W60 Anna Cirulnick	8.65

Discus	
M30 Jim Seifert	57.28
M35 Warren Taylor	46.72
M45 Karl Johnson	42.26
M50 Terry Shuman	45.78
M60 Meemo Maasik	38.22
M70 Herb Cantor	27.68
W30 Nicole Phillips	29.48

Long Hurdles	
M40 Joseph Gonzalez	1:06.4
M45 Jesse Norman	1:05.4
M60 Ed Kent	58.4

W50 Joyce Bahr	16.90
W55 Roslyn Katz	19.98
W60 Anna Cirulnick	17.70
Hammer	
M50 Terry Shuman	43.92
M60 Pete Barker	32.16
M70 Jim Crawford	33.46
M80 Paul Narcessian(4k)	19.80
Paul Narcessian(5k)	15.48
W30 Virginia Palmer	26.42
W50 Joyce Bahr	20.38
W55 Roslyn Katz	29.78
W60 Anna Cirulnick	23.26

Javelin	
M30 Dan Alonzo	203-9
M40 Karl Molitoris	153-3
M45 Rick Lapp	108-4
M50 Bill Walsh	152-7
M60 Bob Youngs	148-2
W30 Nicole Phillips	73-7
W50 Joyce Bahr	45-1
W55 Roslyn Katz	61-4.50

Weight Throw	
M30 Glenn Thompson	14.23
M35 Warren Taylor	8.32
M50 Terry Shuman	11.99
M60 Marty Kintish	11.72
M70 Jim Crawford	10.22
W30 Virginia Palmer(35#)	6.97
W55 Roslyn Katz	10.74
W60 Anna Cirulnick	7.60

MAC Masters Championships St. Johns Univ., NYC; June 21	
100m	
M30 Mark Steinberg	11.7
Billy Vaughn	11.7
M35 Wm R Vaughn Jr	11.9
M45 Ed Goner	11.3
M50 Ron Jackson	11.5
M55 Julio Marin	12.7
M60 Tom Talbott	16.1
W30 Aletha Morris	12.6
W35 Helena Nelson	13.1
W45 Sharon Warren	13.5

W30 Virginia Palmer(35#)	6.97
W55 Roslyn Katz	10.74
W60 Anna Cirulnick	7.60

MAC Masters Championships
St. Johns Univ. NYC: June 21

Continued from previous page

M50 Jeff Tindall 54	3.05	69.3
M70 Jack Doolay 72	1.85	54.0
W55 Madeline Bost 57	2.00	68.0
Long Jump		
M45 William Corsey 48	5.75	80.6
Mark Johnson 46	5.27	71.9
Ivan Black 48	4.91	68.8
M65 James Stookay 67	4.91	88.9
Jack Lance 67	3.89	70.4
M70 Bill Townsend 70	3.93	74.1
Manny Herscher 71	3.52	67.3
Alex Leishman 70	3.04	57.3
M75 Ed Matthews 76	3.31	67.6
M80 Ian Hume 81	2.46	54.1
W35 Edna Crawley 38	4.09	61.0
W40 Cheryl Alston 40	4.36	66.9
Triple Jump		
M30 Brandon Newell 34	13.01	72.4
M45 Ivan Black 48	10.82	72.9
Mark Johnson 46	9.94	65.0
David Friedman 45	8.03	51.7
M65 James Stookay 67	10.08	89.3
Jack Lance 67	8.05	71.3
M70 Bill Townsend 70	7.85	72.6
Zelig Strauss 74	4.99	48.9
M75 Ed Matthews 76	7.49	75.6
Hillar Saareste 75	7.07	70.3
M80 Ian Hume 81	6.27	68.0
W35 Edna Crawley 35	7.72	55.1
Shot Put		
M30 Glenn Thompson 34	16.84	75.8
M35 Warren Taylor 37	14.23	64.1
Glenn Metcalfe 36	9.64	43.4
M40 Jay McKeen 43	13.98	71.3
Tony Ciconne 40	12.47	59.5
M45 Dennis Chandler 49	11.98	69.5
Richard McMullin 45	11.66	62.0
Richard Dunphy 49	10.64	61.7
M50 Selden Cooper 50	15.34	82.8
Terry Shuman 51	11.55	68.6
Joseph Kalnas 54	11.00	65.8
M55 John Bronstein 57	9.42	59.1
M60 Pete Barker 64	11.00	74.5
Meemo Maasik 62	10.71	72.1
Martin Kintish 64	8.95	60.6
M65 Leonard Olson 65	12.59	85.6
Ray Feick 65	11.70	79.5
Giorgio Chiavelli 66	7.71	53.6
M70 Alex Leishman 70	9.73	65.9
Zelig Strauss 74	8.85	68.8
Jack Doolay 72	8.10	61.3
M80 Ian Hume 81	8.16	71.2
Bob Detweiler 83	5.58	52.1
W30 Michelle Chandler 31	8.21	38.2
W35 Ida James 37	7.41	34.5
Janice Reid 39	5.70	27.6
W40 Cheryl Alston 40	6.26	31.1
Discus		
M30 Glenn Thompson 34	48.72	68.5
M35 Michael Hambrick 37	50.30	70.7
Warren Taylor 37	48.88	68.7
M40 Jay McKeen 43	44.60	65.8
Tony Ciconne 40	43.80	61.5
John Kalnas 41	39.82	56.2
M45 Richard McMullin 45	39.84	61.3
H Rubinstein 48	26.52	43.6
M50 Terry Shuman 51	45.26	77.4
Selden Cooper 50	45.20	68.5
Frank Monroe 50	36.52	55.3
M55 Larry Pratt 55	51.46	87.0
John Bronstein 57	38.78	68.5
John Lang 57	28.48	50.3
M60 Martin Kintish 64	39.64	70.5
Meemo Maasik 62	39.14	71.6
Pete Barker 64	36.16	64.3
M65 Leonard Olson 65	46.52	81.4
Ray Feick 65	38.32	67.1
Giorgio Chiavelli 66	30.00	53.7
M70 Alex Leishman 70	35.52	69.3
Zelig Strauss 74	25.82	55.0
M80 Ian Hume 81	22.98	57.8
Bob Detweiler 83	15.14	40.7
W30 Iris Leak 34	16.12	21.8
W35 Ida James 37	19.56	26.4
Janice Reid 39	18.10	25.3
W40 R Diagiacomo 42	16.48	24.8
Javelin		
M40 Tom Nielson 44	56.84	75.5
Michael Smith 40	38.60	47.5
Jack Mroz 50	30.30	37.3
M45 Dennis Chandler 49	49.70	72.6
Richard McMullin 45	49.12	66.5
Ivan Black 48	33.26	47.7
M55 John Lang 57	42.44	72.1
Neil Savad 55	39.06	63.8
M60 Robert Youngs 63	45.00	81.4
Frank Illuzzi 60	41.58	68.8
Meemo Maasik 62	32.62	58.9
M65 Leonard Olson 65	37.38	68.0
Ray Feick 65	37.38	68.0
Giorgio Chiavelli 66	20.28	37.6
M70 Alex Leishman 70	26.08	52.1
Jack Doolay 72	21.40	44.4
M80 Ian Hume 81	24.74	61.5
Bob Detweiler 83	11.84	31.2
M85 Manfred D'Elia 88	13.13	38.3
W40 R Diagiacomo 42	16.48	29.2
Weight Throw		
M30 Glenn Thompson 34	12.57	51.4
M35 Michael Hambrick 37	13.04	55.9
M40 Jay McKeen 43	12.30	57.9
M45 Richard McMullin 45	12.50	60.6
M55 John Bronstein 57	8.76	43.3
M60 Martin Kintish 64	10.97	55.2
Pete Barker 64	10.36	52.1
M65 Leonard Olson 65	12.95	64.7

Ray Feick 65	12.65	63.2
M70 Zelig Strauss 74	5.20	27.3
M80 Ian Hume 81	12.38	69.5
Bob Detweiler 83	7.05	39.2
1500m Race Walk		
M55 John Molendyk 55	9:47.7	62.8
M60 Frank Sullivan 64	10:15.5	65.3
M70 John Nervetti 71	8:47.3	82.2
W65 Diane Stone 65	11:23.8	67.3

SOUTHEAST

Florence TC Hot Feet Series

Florence, SC; June 7

56# Weight		
M40 David Vandergriff	10.38	
M45 Carl Mott	4.26	
M55 Mike Valle	6.57	
M60 Tim Twomey	6.56	
M65 Pay Carstensen	6.18	
Mack Branham	4.32	
W35 Marilyn Senz	4.08	
98# Weight		
M40 Bob Gunn	4.17	
David Vandergriff	3.87	
M45 Carl Mott	2.47	
M55 Mike Valle	3.04	
M60 Tim Twomey	2.89	
M65 Pay Carstensen	3.13	
W35 Marilyn Senz	2.34	

Weight Pentathlon

(HT/SP/DT/JT/WT)

actual marks/4 attempts

Pay Carstensen M65	3922
(37.60/10.96/33.64/29.60/14.52)	
Mack Branham M65	3609
(30.78/10.78/38.38/28.58/11.48)	
Mike Valle M55	3354
(36.00/10.64/35.56/27.32/12.73)	
Dick Bergenback M70	3084
(31.84/8.13/26.84/24.48/11.30)	
John Snaden M70	2482
(20.92/8.53/23.16/21.06/8.44)	
Karl Mott M45	1887
(22.84/7.24/24.54/29.34/6.84)	
Marilyn Senz W35	3644
(38.30/11.43/38.68/36.68/13.96)	
Lillian Snaden W65	1849
(13.40/5.40/11.54/9.84/6.42)	

USATF Florida Masters Championships

Kissimmee; June 22

100m		
M35 Dan Taylor	12.47	
M50 Jon Davis	13.14	
Eric Hill	13.60	
M55 Jerry Frank	14.02	
N DeLaneville	14.07	
M60 Joe Shanahan	15.21	
M75 John Anoka	16.58	
W35 Dana Baumgartn	13.17	
W45 Susan Hill	18.58	
G60HeraclesChandek	14.77	
200m		
M30 Brett Lawler	22.54	
M35 Dan Taylor	26.00	
M40 Charles Smith	25.08	
M50 Jon Davis	27.41	
Eric Hill	28.41	
J C Shenk	28.45	
M55 Lionel Bonck	28.38	
Jerry Frank	29.53	
M60 Joe Shanahan	32.06	
M75 John Anoka	35.83	
W35 Dana Baumgartn	27.38	
W45 Susan Hill	39.59	
G60HeraclesChandek	32.56	
400m		
M30 Brett Lawler	50.47	
M35 Tom Wadley	58.52	
M50 J C Shenk	63.02	
M55 Lionel Bonck	62.75	
M75 John Anoka	83.84	
800m		
M40 Lindsey Bodden	2:30.43	
M50 J C Shenk	2:37.14	
M55 Cyril Shepard	2:41.07	
M70 Art Roberts	3:13.38	
Ernest McDonald	3:21.99	
M75 John Anoka	3:27.66	
1500m		
M45 Gary Anglin	4:54.49	
M70 Art Roberts	7:17.56	
5000m		
M40 Joe Steinman	21:26.2	
High Jump		
M55 Larry Judd	1.53	
G40 James Stewart	1.42	
Pole Vault		
M45 James Pedley	3.05	
M50 Joe Johnston	3.66	
M55 Ira Welborn	3.20	
G40 James Stewart	2.59	
G50 David Johnston	3.66	
Long Jump		
M55 Larry Judd	4.50	
Jerry Frank	4.21	

Triple Jump		
M55 Larry Judd	9.90	
Jerry Frank	4.32	
Shot Put		
M30 Neil Marotta	10.90	
M35 Wm Truesdale	10.86	
Dan Taylor	11.46	
M45 Bruce Hedendahl	13.17	
M50 Larry Morrell	10.38	
M55 Chas Fennelle	11.87	
Bob Cahners	9.39	
Larry Judd	8.83	
M60 Rudy Houg	11.52	
Frank Bonneville	10.38	
M65 C Fraundorfer	8.85	
M75 Tom McDermott	8.22	
Discus		
M30 Neil Marotta	31.52	
M35 Wm Truesdale	30.75	
Mike Richardson	26.40	
M45 Bruce Hedendahl	39.46	
M50 Gary Lane	40.03	
Larry Morrell	30.29	
M55 Larry Judd	30.59	
Bob Cahners	30.38	
Jerry Frank	22.46	
M60 Rudy Houg	46.13	
Frank Bonneville	36.16	
M65 C Fraundorfer	32.92	
Ahmet Ardatton	29.97	
M75 Tom McDermott	28.00	

Hammer

M35 Mike Richardson	18.91
M45 Bruce Hedendahl	40.10
M50 Larry Morrell	23.54
M55 Bob Cahners	34.46
M65 C Fraundorfer	32.86
M75 Tom McDermott	30.82

Javelin

M30 Neil Marotta	41.02
M35 Dan Taylor	44.25
Mike Richardson	28.09
M40 Jesus Virella	45.96
M45 Bruce Hedendahl	37.20
M50 Gary Lane	41.25
Larry Morrell	29.15
M55 Jerry Frank	26.31
M65 Ahmet Ardatton	23.38

5000m Racewalk

M45 John Fredericks	26:52.29
M50 C S Monte Carlo	28:57.99
M55 Bob Cella	29:36.20
M60 P Whitehurst	36:33.82
M65 Bob Fine	31:54.20
W60 Mindy Beinert	33:04.25

Charlotte TC Mile

Charlotte, NC; June 24

M30 Pender Murphey	4:46.39
Matt Rich	4:47.08
Bobby Aswell	4:56.98
M40 Terry Jones	4:56.33
Dale Rudiger	4:56.33
Anthony Pizzuti	5:02.27
M50 Dwight Stewart	5:51.35
Bud Martin	6:00.20
David Bertke	6:09.08
W30 Natalie Gibbons	7:25.69

Sunshine Games

Ft. Lauderdale, FL; June 28

100m		
M30 Greg Kennedy	13.74	
M35 Jim Farr	12.21	
M40 Eduard Vivas	13.78	
M60 Heracio Chandek	14.59	
M75 Thomas Kennedy	19.31	
W35 Dana Baumgarten	13.29	
200m		
M30 Grett Lawler	23.03	
M35 Jim Farr	24.89	
M55 Jose Suvillago	27.55	
M60 Heracio Chandek	32.78	
W35 Dana Baumgarten	27.50	
W45 Carolyn Steenhoek	34.45	
400m		
M30 Brett Lawler	49.20	
M35 James Farr	57.26	
M40 Charles Smith	55.52	
W50 Ann Makoski	1:19.50	
800m		
M60 Juan Phillips	2:49.88	
W45 Cathy Key	3:14.93	
W50 Ann Makoski	2:50.95	
1500m		
M35 Roger Saltsman	4:33.00	
M45 Lindsey Bodden	5:22.46	
M60 Ted Orofano	6:08.32	
W45 Cathy Key	6:52.36	
3000m		
M35 Brian Keno	9:28.31	

Short Hurdles		
M65	Larry Fleischman	19.75
High Jump		
M60	Rudy Houg	1.29
M65	Larry Fleischman	1.34
Pole Vault		
M45	James Pedley	3.20
M65	Larry Fleischman	2.13
Triple Jump		
M35	Bernard Scott	10.72
Shot Put		
M30	Neil Marotta	10.59
M35	Dan Taylor	11.66
M45	Bruce Hedendahl	11.73
M60	Rud Houg	11.06
M65	Octavian Opris	10.83
W35	Dana Baumgarten	9.17
Discus		
M30	Neil Marotta	30.60
M35	Bill Truesdale	29.35
M45	Bruce Hedendahl	38.97
M60	Rudy Houg	47.13
M65	Octavian Opris	34.08
Javelin		
M30	Neil Marotta	43.30
M35	Dan Taylor	44.60
M45	Bruce Hedendahl	35.90
M65	Larry Fleischman	29.03
W35	Dana Baumgarten	21.41
1500m RW		
M50	Dan Koch	9:22.3
M65	Bob Sorrelle	10:04.30
M70	S Shafmaster	9:50.0
M65	Ann Sorrelle	11:16.78
W70	Miriam Gordon	10:37.42

Continued from previous page

Lincoln Track Club Decathlon/Heptathlon Nebraska Wesleyan College, Lincoln, NE; June 14-15

Name	Points	100	LJ	SP	HJ	400	800	1500	5000	10000	3000	5000	10000
M35													
1 Winkal, Steve		11.9	5.99m	9.60m	1.69m	52.0	17.4	32.72m	3.70m	48.26m	4:49.3		
Age: 39	6197	(655)	(652)	(462)	(636)	(790)	3195	(606)	(518)	(606)	(617)	(655)	
M40													
1 Watry, Jeff		12.7	5.48m	10.88m	1.78m	57.5	17.4	29.74m	3.30m	43.64m	4:57.0		
Age: 41	6220	(584)	(624)	(578)	(813)	(636)	3235	(682)	(459)	(560)	(613)	(671)	
2 Maryott, Mike		12.4	5.55m	9.87m	1.54m	57.1	18.9	34.44m	2.80m	38.40m	5:27.2		
Age: 44	5534	(637)	(641)	(513)	(569)	(651)	3011	(539)	(552)	(408)	(521)	(503)	
3 Meares, Kelly		13.2	5.31m	8.42m	1.57m	1:02.6	19.7	24.92m	3.60m	19.42m	6:03.5		
Age: 43	4573	(497)	(582)	(421)	(602)	(452)	2554	(468)	(366)	(654)	(201)	(330)	
M50													
1 Harvey, Rex		13.2	5.38m	12.29m	1.57m	1:03.0	15.8	39.08m	3.00m	41.16m	6:23.0		
Age: 50	6794	(649)	(797)	(771)	(776)	(588)	3581	(812)	(708)	(606)	(720)	(367)	
M55													
1 Meyer, Alex		15.0	3.30m	11.29m	1.27m	1:13.0	23.1	33.00m	1.90m	35.84m	6:01.4		
Age: 55	4840	(439)	(297)	(792)	(528)	(361)	2417	(265)	(658)	(284)	(682)	(534)	
2 Ratcliff, Jim		15.6	3.92m	10.57m	1.27m	1:31.5	24.1	35.18m	2.46m	31.42m	8:26.8		
Age: 56	4136	(357)	(461)	(733)	(528)	(26)	2105	(206)	(711)	(477)	(579)	(58)	
M60													
1 Brandt, Arnie		13.7	4.73m	10.44m	1.48m	1:06.5	18.9	35.76m	2.04m	32.72m	6:57.2		
Age: 62	6420	(721)	(807)	(738)	(859)	(648)	3773	(614)	(663)	(381)	(618)	(371)	
W45													
1 Maryott, Sandy		17.6	1.13m	7.46m	36.7	3.51m	23.56m	3:42.2					
Age: 49	2798	(382)	(481)	(473)	(274)	1610	(391)	(580)	(217)				

Liberal Senior Athletic Meet Liberal, KS; June

100m	
M50 Jesse Hudnall	17.07
M60 Walter Birney	19.62
M70 Jack Haelele	17.92
M75 Harley Holladay	20.92
W70 Lavina Haelele	19.53
200m	
M50 Jesse Hudnall	34.09
M60 Jim Leggitt	28.63
M70 Jack Haelele	35.54
M75 Harley Holladay	51.53
W70 Lavina Haelele	38.09
400m	
M60 Jim Leggitt	73.62
800m	
M60 Walt Birney	3:16.27
1500m	
M50 Jesse Hudnall	7:08.57
M60 Walt Birney	6:20.49
5000m	
M50 Bill Brown	20:27.09
M60 Walt Birney	20:35.09
M65 Jack Hayward	30:06.05
High Jump	
M50 Bill Brown	4-6.50
M60 Jim Leggitt	4-4
M65 Floyd Jack	3-6
Shot Put	
M50 Bill Brown	33-7
M60 Jim Leggitt	30-6.50
M65 Wendell Palmer	AR45-1
(43-0/Brusca/1993)	
M70 Jack Haelele	30-8
M75 Harley Holladay	24-8
W55 Dorothy Edward	17-2
W75 Marg Parmelee	17-10
Discus	
M50 Bill Brown	86-5
M60 Jim Leggitt	111-2
M65 Wendell Palmer	AR163-6
(163-1/McDermott/1984)	
M70 Jack Haelele	97-3
W70 Marg Parmelee	36-2
Javelin	
M50 Bill Brown	114-10
M60 Jim Leggitt	102-3
M65 Wendell Palmer	107-10
M70 Jack Haelele	97-9

SOUTHWEST

Greater New Orleans District Senior Games New Orleans, LA; April 6

50m	
M50 Danny Harrel	7.36
M55 Robert Baker	7.10
M60 Jack Theriot	7.22
M65 Al Badinger	7.47
M70 Louis Riecke	7.57
M75 Ted Yenari	9.47
M80 Richard Stillman	10.35
W50 Judy Bordon	9.25
W55 Melanie Lastrapes	12.16
W65 Thais Lacrouts	12.12
W80 Helen Broussard	21.18
100m	
M50 Danny Harrel	13.60
M55 Frank Anselmo	14.68
M60 Jack Theriot	13.34
M65 Al Badinger	14.18
M70 Louis Riecke	14.25
M75 Ted Yenari	17.83
M80 Richard Stillman	20.81

W50 Judy Bordon	14.77
W60 Bernice Bordon	17.89
200m	
M50 Denny Harrel	30.41
M55 Pope Huval	31.87
M55 Bill Jennings	41.12
M60 Ray Masters	28.71
M65 Al Badinger	30.72
M70 Louis Riecke	31.93
M75 Frank Knaus	41.81
M80 Richard Stillman	49.56
W50 Judy Bordon	39.56
W60 Bernice Bordon	42.03
400m	
M50 Robert Baker	1:01.8
M55 Bill Jennings	1:28.1
M65 Sid Montecino	1:20.1
800m	
M50 Joseph Tosterud	2:51.1
M55 Pope Huval	2:49.5
M65 Foster Doty	3:05.1
1500m	
M50 Joseph Tosterud	5:52
M55 Bill Jennings	5:57
M60 Charlie Wimberley	5:13
M65 Fpster Doty	6:12
M75 John Boots	6:26
High Jump	
M50 Mark Chapman	4-10
M60 Ray Masters	4-4
M65 Sonny Oliphant	4-2
M70 Roy Hoffman	2-10
M75 Frank Knaus	3-8
W50 Judy Bordon	3-6
W60 Bernice Bordon	3-4
Long Jump	
M50 Robert Baker	17-4.50
M55 Noel Gilbert	9-7.75
M60 Charles Richard	16-3
M65 Al Badinger	13-11.25
M70 Roy Hoffman	10
M75 Ted Yenari	10-2.50
W50 Judy Bordon	11-1
W60 Bernice Bordon	9-11
Shot Put	
M50 Mark Chapman	36-9
M55 Charles Cannon	29-11
M60 Milton Brady	33-2
M65 Roland Foreman	27-10
M70 Groege Taix	23-4
M75 Frank Knaus	24-4
W50 Marilyn Duvall	24-9
W55 Fay Richard	23-9
W60 Mary Williams	19-8
W65 Thais Lacrouts	21-4
W75 Millie Buchert	15-4
Discus	
M50 Chester Guidry	112-5
M60 Milton Brady	103-2
M65 Roland Foreman	99-2
M70 George Taix	53-2
M75 CuyBuchert	61-11
W50 Marilyn Davis	56-10
W55 Fay Richard	52-4
W60 BeBe Evans	44-7
W65 Thais Lacrouts	49-8
W75 Millie Buchert	40-10
W80 Ruch Hamilton	27-1
Javelin	
M50 Chester Guidry	120-4
M55 Malcolm Bech	119-6
M60 Jack Theriot	125-8
M65 Robert Keller	74-1

Bartlesville Senior Games Bartlesville, OK; May 10

50m	
M50 Chas Burnhart	7.16
M55 Dale Lance	6.81
M60 Bob Santine	7.28
M65 Trevor Snell	8.16
M70 Pat Smittle	10.15
M75 Foster Johnson	8.41
M85 Brownlee Smith	13.47
W55 Sylvia Brooks	8.63
100m	
M50 Chas Burnhart	13.56
M55 Dale Lance	13.16
M60 Guthrie Hite	13.72
M65 Trevor Snell	14.88
M70 Pat Smittle	19.19
M75 Foster Johnson	15.56
M85 Brownlee Smith	27.47
W55 Angela Meier	24.00
200m	
M50 Tom Fisher	28.15
M55 Dale Lance	31.43
M60 Glendale Markwell	30.38
M65 Trevor Snell	32.69
M75 Foster Johnson	34.59
M85 Brownlee Smith	78.06
W55 Sylvia Brooks	37.94
400m	
M50 George Marchetti	59.78
M55 John Kios	72.00
M60 Glendale Markwell	71.34
M80 Paul Heffy	2:27.10
W55 Angela Meier	2:15.78
800m	
M50 George Marchetti	2:17.10
M55 Jim McFadden	2:37.37
M80 Paul Heffy	5:20.41
1500m	
M50 George Marchetti	5:22.20
M55 Jim McFadden	5:35.03
High Jump	
M50 George Marchetti	4-10
M55 Bobby Earnest	4-10
M60 Glendale Markwell	4-0
M65 Bill Butterworth	4-6
M70 Dick Donley	4-0
M75 Doc Bennett	3-8
Pole Vault	
M55 Dale Lance	10-0
M60 Chas Crawford	7-9
M65 John Rutherford	7-6
M70 Tom Cook	6-6
M75 Bob Warwick	6-6

Long Jump	
M50 Renoir LaCroix	15-4
M55 Bobby Earnest	10-4
M60 Glendale Markwell	13-7
M65 Bill Butterworth	12-9
M75 Foster Johnson	10-10
M85 Brownlee Smith	3-6
Shot Put	
M50 Jack Crawford	41-1
M55 Al Salmon	38-3
M60 Ron Anderson	43-7
M65 Floyd Jack	34-3
M75 Leo Chapman	28-6
M85 Brownlee Smith	12-1
W55 Sylvia Brooks	22-5
W65 Laura Downum	18-8
Discus	
M50 Jack Crawford	132-8
M55 Al Salmon	112-0
M60 Ron Anderson	145-2
M65 Floyd Jack	128-11
M70 Ed Hooker	143-6
M75 Leo Chapman	80-8
W55 Sylvia Brooks	58-6
W65 Laura Downum	50-1
Javelin	
M50 Jack Crawford	121-5
M55 Dale Lance	130-7
M60 Bob Santine	105-5
M65 Val Smith	100-4
M70 Leo Chapman	70-1
M80 Harold Engelman	51-3
W55 Sylvia Brooks	60-8
1500m Racewalk	
M55 Jim McFadden	7:45.02
M60 Cecil Kilpatrick	9:11.05
M70 Dick Donley	10:25.49
W55 Mary Morrison	11:04.12
W60 Janet Mason	9:32.74
W75 Evelyn Sanders	10:59.58
5000m Racewalk	
M55 Jim McFadden	26:09.21
M60 Cecil Kilpatrick	32:21.00
M70 Dick Donley	35:10.00
W55 Mary Morrison	35:39.00
W60 Janet Mason	32:42.00
W75 Evelyn Sanders	39:11.00

Ponca City T&F Classic Ponca City, OK; May 31	
100m	
M30 Mike Houston	11.91
M35 Allen Blaylock	12.13
M45 Jim Dolezel	11.90
M50 Tom Fisher	13.07
M55 Thornton Shelton	12.98
M75 Foster Johnson	16.66
W50 Nina Bryant	15.91
200m	
M30 Roger Davis	25.11
M35 Allen Blaylock	24.75
M40 Brooks Wright	26.98
M45 Jim Dolezel	24.63
M50 Tom Fisher	27.01
M55 Thornton Shelton	27.60
M75 Foster Johnson	35.26
400m	
M30 Roger Davis	58.79
M40 Rick Easley	53.22
M45 Jim Dolezel	56.67
M50 Tom Fisher	1:00.53
800m	
M40 Brooks Wright	2:20.81
M55 Max Price	2:55.33
1500m	
M40 Henry Bickerstaff	5:32.32
M55 Max Price	5:18.59
5000m	
M40 Matt Pile	17:28.44
Short Hurdles	
M35 Ken Ellis	15.48
M45 Jim Dolezel	19.68
High Jump	
M50 Bob Eversoski	1.27
Pole Vault	
M30 Tim Hall	3.35
Long Jump	
M30 Tim Hall	4.77
M35 Allen Blaylock	5.57
M45 Jim Dolezel	4.99
M75 Foster Johnson	2.75
Triple Jump	
M35 Allen Blaylock	11.46
M50 Bob Eversoski	8.21
Shot Put	
M30 Tom Arrington	13.20
M35 Russell Hinson	10.65
M40 Ed Chesny Jr	8.37
M50 Jack Crawford	11.52
M55 Jim Duckett	8.55

M65 Wendell Palmer	*14.17
M75 Foster Johnson	6.32
Discus	
M30 Tom Arrington	40.78
M35 Ken Ellis	38.46
M40 Rick Easley	27.15
M50 Jack Crawford	32.72
M55 Jim Duckett	29.18
M65 Wendell Palmer	*51.90
M70 Ed Hooker	40.14
Javelin	
M30 Joseph Cates	27.63
M35 Ken Ellis	42.18
M40 Ed Chesny Jr	31.05
M50 Jack Crawford	35.18
M55 Jim Duckett	19.80

Continued from previous page

Gary Dzuris	115-11
M45 Stephen Cox	141-2
M50 Darel Petty	130-6
Jerry Poulson	122-6
Jerry Brewer	106-6
M55 Jerry Dyes	183-8
John Conniff	107-1
M60 Zbyszek Przewodek	119-0
John Cantrell	90-2
M65 Wendell Palmer	115-0
Val Smith	99-8
M70 Bill Carter	90-11
Adolph Hoffman	78-5
Al Williams	39-9
M85+Jack Pearce	52-1
W40 Carol Finsrud	64-1
Cheryl Mellenthin	55-8

Texas Masters T&F Championships Dallas, TX; July 5

100m	A/G%
M30 Christian Boda	33 11.05 89.2
Wade Menzies	30 11.46 86.0
Ward Menzies	30 11.80 83.5
M35 Donald Hardy	35 11.76 85.0
Rich Wending	36 13.12 76.6
M40 Richard Thomas	44 11.82 87.9
Bill Cheadle	44 12.35 85.9
Cay Akers	40 12.98 79.5
M45 Jimmie Jones	43 12.33 87.1
Jim Dolezal	47 12.42 87.1
Robert Hahn	45 12.65 84.4
M50 Courtland Gray	53 12.13 92.8
Melvin Goode	52 12.97 86.2
M60 Dick Richards	63 12.41 97.3
Paul Johnson	62 12.63 94.8
Wayne Bennett	60 13.01 90.7
M65 Andy Anderson	58 14.56 86.5
Bill Pardue	67 14.58 85.6
M70 Chester Studdard	71 15.55 83.3
Jack Gilbert	71 15.76 82.2
Alvin Williams	74 27.26 49.0
M75 Tim Murphy	75 14.53 92.9
Doc Bennett	76 20.08 68.1
M80 Fred White	84 17.85 85.2
W30 Andette Williamson	34 15.34 70.8
W35 Cynthia Cys	37 14.68 75.7
W40 Cindy Steenbergen	43 12.82 90.7
Debbi Sanchez-Eaton	40 15.54 73.2
W45 Suzanne Williams	48 15.03 80.4
W50 Nina Bryant	54 16.06 78.8
W55 Sylvia Brooks	58 16.41 79.6
200m	
M30 Ward Menzies	30 23.93 82.4
Bert Williams	34 24.29 82.0
Christian Boda	33 26.87 83.6
M35 Donald Hardy	35 23.90 83.3
Larry Raney	38 23.96 85.5
Mike O'Malley	39 24.85 83.0
M40 James Lofton	41 22.98 91.0
Ronald Boleware	41 24.89 84.0
M45 Jim Dolezal	47 25.53 85.5
Jimmie Jones	46 25.70 84.3
M60 Dick Richards	63 25.60 95.9
Paul Johnson	62 25.63 95.0
Wayne Bennett	60 26.81 89.4
M65 Andy Anderson	68 30.19 85.1
M70 Jack Gilbert	71 31.77 83.3
Chester Studdard	71 33.09 80.0
Alvin Williams	74 75.37 36.3
M75 Tim Murphy	75 30.70 90.2
Doc Bennett	76 43.65 64.3
M80 Fred White	84 40.30 78.0
W30 Andette Williamson	34 34.70 73.2
W35 Cynthia Cys	37 30.83 72.8
W40 Cindy Steenbergen	43 25.74 91.6
Debbi Sanchez-Eaton	40 30.91 74.4
W45 Suzanne Williams	48 30.68 80.0
W50 Nina Bryant	54 35.10 73.5
W55 Sylvia Brooks	58 35.55 75.1
400m	
M30 Jon Stone	30 54.63 79.2
M35 Mike O'Malley	39 54.46 84.1
M40 James Lofton	41 49.47 93.8
Bill Burton	41 54.12 85.8
Johnson Wu	40 56.14 82.1
M45 Emmett Roberts	45 56.79 84.0
Jim Dolezal	47 58.10 83.3
Rick Sherrod	47 59.19 81.7
M50 Paul Simmons	51 1:03.07 79.0
Troy Scoggins	54 1:07.09 76.0
Andy Pittman	52 1:07.26 74.6
M55 Mack Stewart	59 59.21 89.8
M60 Wayne Bennett	60 1:05.17 82.2
M65 Wayne Hanson	69 1:12.88 80.4
M70 Jack Gilbert	71 1:24.24 71.1
Alvin Williams	74 3:00.00 34.5
M75 Mike Kagan	76 1:33.65 65.2
M80 Fred White	84 1:47.90 67.4
W35 Joan Taylor	35 1:03.18 78.6
Teresa Darrow	39 1:18.55 65.1
W40 Cindy Steenbergen	43 1:02.40 84.6
W45 Suzanne Williams	48 1:10.31 78.2
800m	
M30 Carl Clark	33 2:03.42 83.6
M40 Gibson Joseph	41 2:07.73 85.4
Charles Joseph	43 2:10.30 84.9
JJ Jenkins	44 2:11.06 85.0
M45 Doug Knabe	47 2:19.87 81.5
Bob Wilkin	45 2:38.60 70.8
M50 Dave Joyce	50 2:29.61 78.0
Troy Scoggins	54 2:39.10 75.8
M55 Mack Stewart	59 2:18.19 91.2
M65 Wayne Hanson	69 2:48.54 82.9
M70 Richard Widener	70 3:16.54 71.9
M75 Mike Kagan	76 3:45.43 68.0
W35 Teresa Darrow	39 2:47.42 71.9
W40 Laura Kearns	42 2:44.65 75.0
1500m	
M35 John Boudreaux	36 4:38.31 76.5
Edwin Park	36 4:40.08 76.0

M40 JJ Jenkins	44 4:29.97 83.5
Charles Rainey	43 4:30.98 82.6
M45 Bob Wilkin	45 6:03.26 62.5
M55 Wilbern Wood	56 5:36.55 73.8
M65 Wayne Hanson	69 5:49.86 81.1
M75 Mike Kagan	76 7:20.28 70.8
W35 Kathryn Swintocha	38 5:16.07 76.4
Teresa Darrow	39 5:38.78 71.9
W45 Kathy Kellog	47 5:20.00 81.5
5000m	
M30 Stan Ujka	30 17:03.98 76.0
M40 Dave Stock	40 17:59.89 74.9
M45 Mike Doud	48 19:23.07 73.7
M50 Dave Joyce	50 23:40.65 61.3
M65 Robert Coffey	65 22:33.44 73.7
Short Hurdles	
M35 Ken Ellis	39 15.81 86.7
Dan Cook	36 16.73 79.9
M40 M Mitchell	43 17.95 79.2
M45 Robert Hahn	45 18.81 77.0
Long Hurdles	
M35 Ken Ellis	39 1:01.16 82.1
M40 Bill Cheadle	44 59.46 88.6
Michael Mitchell	43 1:08.22 76.4
M50 Courtland Gray	53 1:01.48 93.3
M65 Bill Pardue	67 1:01.08 74.8
Steeplechase	
M40 Ray Kirchmeyer	43 15:58.00 55.7
High Jump	
M30 Martin Skinner	31 1.73 72.6
M35 Brent Buchanan	39 1.52 69.4
M40 Victor Vollmer	44 1.69 80.7
Cay Akers	40 1.57 72.3
Don Arnold	30 1.42 65.4
M45 Steve Cox	45 1.63 79.1
James Dolezal	47 1.42 70.6
M50 Darel Petty	54 1.52 81.2
Mark Chapman	54 1.37 73.2
Troy Scoggins	54 1.22 65.2
M55 John Head	59 1.27 71.7
Martin Martinec	56 1.27 69.4
M65 Val Smith	68 1.17 72.6
M70 Alvin Williams	74 .91 62.6
M75 Doc Bennett	76 1.17 79.0
W60 Sue Tunnicliff	60 1.02 71.8
Pole Vault	
M30 Tim McMichael	30 5.03 81.7
Fley Deats	32 4.57 76.4
Michael Guinn	33 3.96 67.2
M40 James Fountain	40 3.96 74.0
Cay Akers	40 3.66 68.4
Don Arnold	40 2.74 51.2
M45 Warren Wilke	49 3.96 84.0
Mike Vick	46 3.35 68.0
Steve Cox	45 3.20 64.1
M50 Johnson Ewing	53 3.20 71.7
M55 Steven Warr	55 3.05 70.2
M60 George Jagerman	60 2.44 60.4
W60 Sue Tunnicliff	60 *1.90 67.6
Long Jump	
M30 Martin Skinner	31 4.08 45.5
M35 Tom Carlson	39 4.58 56.8
M40 Richard Thomas	44 6.62 87.9
Victor Vollmer	44 5.73 76.1
Michael Mitchell	43 5.45 71.4
M45 Paul Barber	49 3.93 55.8
M50 Melvin Goode	52 4.90 72.4
Troy Scoggins	54 3.58 54.4
M55 John Head	59 4.49 73.0
Martin Martinec	56 4.11 64.2
M60 Dick Richards	63 5.35 91.7
M65 Val Smith	68 3.38 62.0
M70 Jack Gilbert	71 4.20 80.3
Alvin Williams	74 1.62 32.2
M75 Doc Bennett	76 3.05 62.3
W60 Sue Tunnicliff	60 2.90 59.4
Triple Jump	
M40 Michael Mitchell	43 10.74 67.3
M45 Paul Barber	49 7.38 50.4
M50 Troy Scoggins	54 8.34 61.2
M55 Martin Martinec	56 8.38 63.3
M65 Bill Butterworth	66 8.04 70.2
M75 Doc Bennett	76 6.36 64.2
Shot Put	
M30 Tim Tolson	34 11.75 52.9
M35 Tom Carlson	39 10.69 50.0
M40 Steve Partridge	42 15.72 78.4
M50 Jerry Brewer	50 12.27 66.1
Mark Chapman	54 11.75 70.3
Harry Windham	52 11.22 66.8
M55 Sheward Miers	56 12.69 77.9
John Conniff	56 12.69 77.9
Harold Crater	58 11.41 73.1
M60 Robert Verbanac	62 11.69 78.7
George Jagerman	60 9.41 57.4
M65 Wendell Palmer	65 13.70 93.2
Val Smith	68 9.30 67.6
M70 Bill Carter	74 10.48 79.2
Alvin Williams	74 4.53 34.2
M75 Doc Bennett	76 7.49 57.8
M85 JJ Pearce	86 7.04 74.2
W40 Cheryl Mellenthin	41 7.30 37.4
M70 Mary Gilbert	70 3.28 32.2
Discus	
M30 Tim Tolson	34 36.70 51.6
M35 Ken Ellis	39 37.84 53.2
Tom Carlson	39 36.60 51.4
Rich Wending	36 25.54 35.9
M40 Steve Partridge	42 45.86 66.2
Brad Reid	44 42.26 63.7
Cay Akers	40 33.48 47.0
M45 Warren Wilke	49 34.80 58.5
Steve Cox	45 33.34 51.3
M50 Don Hardaway	53 42.06 71.5
Sam Goodwin	53 41.08 69.8
Harry Windham	52 36.20 61.7
M55 John Conniff	56 42.70 73.8
Shepard Miers	56 40.18 69.4
Harold Crater	58 33.22 60.0
M60 Robert Verbanac	62 27.30 50.0
Bob Santine	63 27.56 49.7
George Jagerman	60 29.06 45.6
M65 Wendell Palmer	65 49.58 86.8
Val Smith	68 28.98 54.2
M70 Bill Carter	74 34.76 74.1
Ed Hooker	71 36.62 73.1
Jack Gilbert	71 28.36 56.6
M75 Doc Bennett	76 18.10 40.3
M85 JJ Pearce	86 17.98 54.7

W40 Cheryl Mellenthin	41 19.38 28.5
W60 Sue Tunnicliff	60 19.34 45.2
W70 Mary Gilbert	70 7.08 21.1
Javelin	
M40 Tim Tolson	34 38.22 42.0
M35 Ken Ellis	39 41.52 50.2
M40 Don Arnold	40 35.38 43.5
Cay Akers	40 33.60 41.4
M45 Warren Wilke	49 49.62 72.5
Steve Cox	45 44.22 59.8
J Scott Dulin	45 42.80 57.9
M50 Darel Petty	54 38.00 61.0
Don Danereau	54 35.02 56.2
Jerry Brewer	50 30.24 45.0
M55 John Conniff	56 37.82 63.0
Martin Martinec	56 29.36 48.9
Harold Crater	58 27.52 46.6
M60 Zbyszek Przewodek	63 37.16 67.2
Robert Verbanac	62 33.98 61.3
Bob Santine	63 32.58 58.9
M65 Wendell Palmer	65 37.68 68.5
Skip Meneely	67 36.88 69.7
Val Smith	68 30.68 59.1
M70 Bill Carter	74 29.10 62.7
M75 Doc Bennett	76 15.54 34.8
M85 JJ Pearce	86 15.05 44.4
W40 Cheryl Mellenthin	41 16.02 27.2
W70 Mary Gilbert	70 4.18 12.6
Weight Throw	
M40 Steve Patridge	42 12.91 59.8
M50 Jerry Brewer	50 8.86 39.2
Mark Chapman	54 7.31 35.6
M55 John Conniff	56 9.80 47.6
M65 Wendell Palmer	65 13.69 68.4
Val Smith	68 6.91 36.2
W40 Cheryl Mellenthin	41 5.38 40.0
1500m RW	
M60 Presley Donaldson	63 8:10.46 81.1
Jim Miller	62 9:42.53 67.6
W50 Patty Mills	51 10:00.90 66.6
W70 Nightengale	72 9:41.20 86.1

*Pending World Record

WEST Crown Valley Senior Olympics Occidental College Los Angeles, CA; May 4

50m	
M50 Frank Little	6.4
M55 Ken Dennis	6.5
M60 Roger Tsuda	7.1
M65 Floyd Gibbons	7.2
M70 Ben Knaub	7.6
M75 Tom Patsalis	7.7
M80 John Damski	8.8
W50 Jane Serra	8.7
W60 Tomasa Schultz	8.9
W65 S Onodero-Leonard	8.8
Magdalena Kuehne	8.8
W70 Johnnye Valien	9.5
100m	
M50 Frank Little	12.2
Sheridan Groves	12.8
Dale Herring	12.9
M55 Ken Dennis	12.0
Bill Knocke	12.6
John Chacon	12.8
M60 Roger Tsuda	13.3
Delos Eyer	13.8
Samuel Flory	14.4
M65 Floyd Gibbons	13.8
Paul Bambrook	13.9
James Selby	14.5
M70 Dick Odom	14.3
Ted Leonard	14.8
Ben Knaub	14.8
M75 Tom Patsalis	15.9
Al Guidet	16.7
Art Sherman	20.3
M80 Pete Allen	19.2
M85 Tony Castro	18.3
W50 Jane Serra	17.5
Mary J McMaster	23.3
W65 S Onodero-Leonard	16.8
Magdalena Kuehne	17.1
Louise Martin	23.3
200m	
M50 Stan Whitley	24.3
Simeon Baldwin	25.7
Dale Herring	26.4
M55 Ken Dennis	24.7
Bill Knocke	25.7
Fred Hartman	28.0
M60 Charles Kirby	27.1
Roger Tsuda	27.6
Delos Eyer	29.6
M65 Paul Bambrook	29.4
Floyd Gibbons	29.6
James Selby	30.0
M70 Ben Knaub	29.8
Dick Odom	30.8
Tom Miller	33.5
M75 Al Buidet	36.4
Robert Hunt	40.8
Fred Tompkins	41.0
M80 Pete Allen	43.6

M85 Tony Castro	41.9
W50 Vicki Gonzales	35.8
Mary J McMaster	53.5
W60 Patricia Willis	52.0
W65 Louise Martin	54.3
400m	
M50 Stan Whitley	54.9
Rob Russell	58.2
Larry Wiesenthal	58.9
M55 Fred Hartman	1:04.8
Thomas Scheil	1:05.3
Gary Sims	1:05.7
M60 Charles Kirby	1:01.2
Jesse Carrington	1:04.8
Al Sheahan	1:12.8
M65 James Selby	1:06.8
Bill Anderson	1:10.5
Louis Beadle	1:14.9
M70 Ben Knaub	1:06.3
Larry Banuelos	1:16.1
M75 Robert Hunt	1:33.4
W50 Vicki Gonzalez	1:23.7
Mary J McMaster	1:54.9
Janet Zimmer	2:35.7
W60 Patricia Willis	1:59.9
W75 Gerry Davidson	1:51.0
800m	
M50 Rob Russell	2:14.2
Simeon Baldwin	2:14.9
Fred Lindsley	2:19.3
M55 Robert McAlpine	2:25.2
Jon Malneckoff	2:37.8
M60 Michael Dunn	2:56.4
Ray Archibald	2:57.6
Ted Oviatt	3:10.6
M65 James Selby	2:39.2
Bob Holmes	2:57.3
Harry Zimmer	3:49.2
M70 Ben Knaub	2:38.5
Avery Bryant	2:56.1
Joe Fleischman	3:30.4
M75 Ed Fong	3:46.1
W50 Joni Shirley	2:42.4
Yoko Eichel	2:52.8
Judith Espino	4:01.8
W65 S Onodero-Leonard	3:17.2
Gerry Davidson	4:00.5
1500m	
M50 Fred Lindsley	4:46.9
Stephen Hake	4:48.2
Jue Murillo	5:47.5
M55 Jon Malneckoff	5:20.5
Don Weir	6:33.3
M60 Ray Archibald	6:09.1
Michael Dunn	6:14.0
M65 Robert culling	5:16.3
James Selby	5:33.4
Bob Holmes	6:12.2
M70 Ben Knaub	5:24.6
Avery Bryant	5:55.2
M80 Vincent Malizia	7:18.4
W50 Joni Shirley	5:22.4
Yoko Eichel	5:56.3
Vicki Gonzalez	6:47.7
W60 Patricia Willis	8:34.1
W75 Gerry Davidson	7:57

Continued from previous page

M80+Bert Morrow 18.17	M45 Gary Shapiro 17:21.95	M45 Mike Nash 117-5	M50 R Moeller 5:29.30	M75 Frank Toner 15.3	Sharlet Gilbert 5:52.2
W35 Elaine Iba 13.88	Steve Carlson 18:39.04	Art Raya 108-0	M65 B Kalluchi 8:04.40	K K Slaughter 18.9	W60 D Bromstead 7:34.7
Sylvia Hoss 14.51	M55 Harry Hunt 18:47.80	M50 D Archambault 97-0	3000m	M80 Alan Cranston 19.8	5000m
Esther Calleros 15.22	M60 G McClenathen 20:56.20	M55 Dave Dill 103-6	M45 Steve Stum 12:14.30	M85 Tony Castro 18.3	M30 Mike Kappler 18:03.6
Linda Cumming 16.18	W40 Yayoi Liu 19:00.09	Fred Hunter 98-3	W45 R McMillian 13:22.90	W30 Joy Margerum 12.6	M35 Jeff Kirk 17:30.6
W40 Chris Stone 21.70	W45 Trudy Lawrence 20:55.58	M60 Bob Humphreys 154-1	Short Hurdles	W50 Avril Naylor 14.2	Nikos Mourtos 19:42.4
W55 Nadine O'Conner 14.50	Short Hurdles	Hal Smith 138-1	M30 Edwin Alfaro 21.03	W60 Irene Obera 13.9	M40 S Paladino 17:20.6
200m	M40 David Perrin 17.75	Ted Oviatt 112-8	M40 Vince Costello 18.39	W70 Shirley Dielderich 19.8	Ray Orwig 19:33.4
M30 Kettrell Berry 22.69	Ken Stone 19.98	Bob Elderidge 100-2	M50 Absalon Amoda 18.03	200m	Brian Boyle 20:23.9
Vaughan Kastor 23.72	Andrew Hecker 20.11	M65 Arnie Gaynor 147-4	Long Hurdles	M35 Tom Baker 23.4	M45 Wayne Morris 19:27.2
M35 Wayne Iba 23.43	M50 Theo Viltz 15.07	Harry Hawke 145-9	M40 V Costello 66.70	M40 Kevin Morning 21.9	M50 Fred Martin 19:50.4
Mario St John 26.89	Sheridon Groves 15.61	Don Hegberg 119-3	M50 A Amoda 72.72	Marty Krullee 22.1	Lee Smith 21:32.7
M40 Bob Sands 24.10	M70 Richard Warren 17.10	Carlos Martinez 106-1	High Jump	Greg Belancio 24.5	Dave Nelson 24:33.8
James Bonilla 24.43	M80+Bert Morrow 19.00	M70 Donald Rorer 97-0	M40 - DiBenedetto 4-9	Mark Robinson 24.6	M55 Jim Bevins 21:29.1
Steve Cummings 24.57	300mH	M75 Wilbur Thompson 104-3	M45 Tom Marks 5-0	M45 Ron Sims 24.2	M65 J Bromstead 30:49.8
Andy Hecker 27.02	M35 Kettrell Berry 43.54	Bob Hunt 80-0	M55 Lionel Low 4-3	Riley McHugh 24.6	W35 Billie Boles 23:43.0
M45 Sunny Hatten 25.96	Derek Brown 48.61	Jerry Seifert 65-0	M65 Pat Brown 4-1	Gregg Bunker 24.8	W60 D Bromstead 30:49.8
John Tomaschke 26.06	Tim Jones 50.33	W50 Pat Hunter 54-8	M70 - Voegel 3-8	Paul Raymond 25.4	Hurdles
Bill Fitzpatrick 27.30	M50 Sheridon Groves 50.11	W70 Shirley Dietderich 57-7	M75 - Wheeler 3-10	M50 Matt Pruitt 24.6	M35 Peter Grimes 15.38
Steve Morris 27.57	Jorge Birnbaum 53.70	Hammer	M85 S Thompson 2-7.5	Brian Legakis 26.2	- Hanley 20.52
M50 Diethart Reichardt 26.31	Steeplechase	M45 Art Raya 62-8	Long Jump	Wm Hendricks 27.4	M50 Gary West 19.74
Amador Calleros 26.71	M40 Dave Cook 11:12.40	M50 Dave Archambault 56-8	M40 V Costello 16-2.5	M55 Art Stubbs 26.8	M55 Bill Knocke 18.78
Willie Roberson 27.21	M55 Jon Malnekoff 13:18.97	M55 Fred Hunter 89-8	M55 - Low 15-0	M60 Rich Martin 25.7	M65 John Martel 18.78
Nathan Asberry 27.21	M60 Ted Oviatt nta	M60 Bob Humphreys 148-5	M65 - Brown 13-8.5	M65 John Martel 29.7	Long Hurdles
Charley Loftus 27.60	M70 Avery Bryant nta	M65 Harry Hawke 119-8	M70 - Voegel 9-3/4	Benson Ford 29.9	M40 Dave Miller 73.4
Harold Dixon 27.74	Walt Atcheson nta	Arnie Gaynor 97-2	M85 S Thompson 2-11	Huel Washington 32.5	Steeplechase
M55 T Cannon 27.44	4x100m Relay	M75 Seymour Lampert 82-7	Triple Jump	M75 Frank Toner 33.1	M50 Greg Burke 12:37.9
Lee Gillespie 27.55	M30-39 Old Timers 55.66	Javelin	M50 - Rite 30-1	K K Slaughter 38.3	M55 Jim Bevins 13:26.6
Gary Simms 30.12	M40 Monsoon 50.60	M35 Steve Barba 176-3	M55 - Low 32-5	M85 Tony Castro 39.3	High Jump
M60 Roger Tsuda 27.89	High Jump	M40 Bill Gardner 151-8	Shot Put	W35 Diane Delucchi 29.5	M30 Randy Crippen 5-8
Delos Eyer 29.58	M35 Eric Brown 5-6	Mike Torres 123-2	M40 Bob DiBenedetto 32-2	W40 Val St James 27.9	M35 Nikos Mourtos 4-8
Ross Dunton 33.29	M40 Jason Meisler 6-0	M45 John Williams 119-7	M50 H Urabe 12# 27-8	W45 Martie Behrens 30.5	M40 Keith Nelson 6-4
M65 Louis Beadle 31.64	Jorge Birnbaum 4-9 3/4	M50 David Pena 129-6	M55 Bob Molyneux 12#25-9.5	W55 Jutta McCormick 29.8	Mike Hatjhes 5-6
Frank Kishi 32.35	M45 Charlie Rader 5-10	Richard Rook 93-11	M70 - Voegel 8# 26-2.5	W60 Irene Obera 29.3	Greg Hedor 4-8
M70 Tom Miller 34.04	Sam McCamey 5-1 3/4	M55 Fred Hunter 97-8	M75 - Wheeler 8# 29-7.5	400m	M45 Ed Baskauskas 5-6
Joe Welch 38.08	John Williams 4-9 3/4	M60 Hal Smith 121-5	M85 S Thompson 8# 12-1	M35 Chris Hughes 53.9	Joel Eckels 5-4
M75 Bob Hunt 40.52	M60 Ray Archibald 3-8	Delos Eyer 103-2	Discus	S Sanchez 54.2	Mike Holzgang 4-10
M80+Bert Morrow 38.96	M65 Franklin Held 4-9 3/4	M65 Don Hegberg 90-8	M40 B DiBenedetto 110-5	J Shepardson 54.2	M50 Frank Condon 4-8
W35 Elaine Iba 29.17	Sam Teaford 3-10	Arnie Gaynor 89-8	M45 - Goudge 71-1	Nikos Mourtos 57.5	Dale Nelson 4-4
Linda Cummings 34.54	M70 Richard Warren 4-0	Carlos Martinez 75-5	M50 - Rite 76-0	M40 Mike Evans 56.3	M55 Don Dvorak 4-8
W55 Nadine O'Conner 30.06	Donald Rorer 3-10	M70 Del Pickarts 144-7	M55 Jack Karbens 106-0	David Jang 64.5	M60 J Steinman 4-4
400m	W35 Linda Cummings 4-2	Don Rorer 99-1	M70 Dick Mulken 110-7	M45 Dave Salazar 55.1	M70 Jerry Silsdorf 3-8
M30 Vaughn Kastor 51.49	Pole Vault	M75 Jerry Seifert 78-8	M75 - Wheeler 103-4	Gregg Bunker 56.1	Jim Johnson 3-6
Ben Crouch 53.34	M30 Greg Charles 13-1.5	W50 Pat Hunter 56-8	M85 S Thompson 30-8	M45 David Pogue 59.4	Pole Vault
M35 Jim Williams 52.00	M40 Bill Halverson 16-2	W70 Shirley Dietderich 64-4	Javelin	Bob Collins 59.8	M30 John Besmer 16-0
Bob Kile 55.40	Greg Woepse 14-1.5	5000m Racewalk	M40 Vince Costello 123-9	Bob Gillis 61.9	M35 Felix Bohni 15-0
Mark Lewis 56.06	Doug Sparks 14-1.25	M50 Mike Blakeman 34:15.69	M45 Derek Goudge 83-10	M50 Matt Pruitt 59.2	M45 Jim Williams 12-6
M40 Steve Cummings 54.99	Mike Hogan 13-7.25	M70 Bob Davidson 42:59.53	M50 Walt Rite 114-2	Searcy Barnett 62.1	Eddie Seese 12-6
George McHale 57.48	M45 Bill Stamper 11-11.5	Hawaii Masters TC Decathlon	M55 Jack Karbens 109-6	Frank Condon 64.7	Paul Heglar 12-0
John Garza 58.51	M50 Dan Bailey 13-1.5	Honolulu; May 25-26	M60 Chuck Coutts 106-8	M65 Alex Pappas 75.5	Joe Miyoshi 11-0
Ken Stone 60.02	M55 T Cannon 10-6	Vince Costello 43 5363	M70 Bob Voegel 65-5	John Caldwell 79.8	M50 Roger Verne 11-0
M45 Herman Castille 55.33	M60 Hal Smith 7-6	Jack Karbens 55 4514	M75 Ken Wheeler 69-2	W30 Liisa Nichols 63.7	M60 John Steinman 9-4
Bill Fitzpatrick 58.82	M70 Donald Rorer 7-6	Lionel Low 57 4456	M85 S Thompson 26-6	W35 Diana Rigor 64.4	W35 Diana Rigor 6-6
Steve Morris 60.85	M85 Carol Johnston WR6-6.25	Martin Hee 56 2963	Weight	Diane Delucchi 71.3	Long Jump
Joe Mayfield 64.33	(Pajunen; 6-2 3/4; 1995)	Derek Goudge M45 2372	M40 B DiBenedetto 35-5.5	W40 Val St James 66.8	M30 Terry Duncan 21-9.5
M50 Rob Russell 59.32	Long Jump	Stanford Kuroda 59 1566	M55 Jack Karbens 29-6.5	W60 D Bromstead 1:52.6	M35 Peter Grimes 20-1.5
Ron Barbosa 62.17	M35 Derek Brown 20-9.5	Bob DiBenedetto M40 853	Arizona Throws Meet	800m	Steve Piersol 16-9.5
M55 Cliff Bedell 68.08	M45 John Kuechle 19-2.75	USATF Hawaii Championships	Mesa; May 31	M30 Noah Hinkston 2:03.5	M40 Don Dwight 17-10.5
M60 Ross Dunton 71.27	M50 Bruce Covington 14-10.75	Honolulu; May 26	Shot Put	Garth Merrill 2:05.9	M45 A Cachinero 18-4.5
Al Sheahan 73.74	Scott McCutchen 11-1	100m	M35 Jeff Crothers 11.88	Jack Youngren 2:08.5	Mike Holzgang 16-2.5
Ray Archibald 80.57	M55 Alvin Henry 16-5	M30 Rodney Clark 11.30	M40 Alan Bushman 8.47	Kevin Connors 2:08.6	Joe Miyoshi 15-10
M65 Louis Beadle 75.12	M60 Roger Tsuda 16-4	M35 Gilbert Lee 11.72	W30 Barbara Crothers 7.62	M35 J Shepardson 2:09.5	Jeff Arnett 14-9.25
M75 Bob Hunt 95.19	Delos Eyer 11-7.75	M45 Allen Ing 13.78	Discus	Joe Kammon 2:19.8	M50 Rich Imperial 15-3.5
W35 Helen Moreno 67.34	M65 Sam Teaford 9-5.25	M50 - Rite 13.31	M35 Jeff Crothers 32.62	A Pacheco 2:24.8	Gary West 15-3
W75 Gerry Davidson 1:47.70	M70 Richard Warren 11-11	M55 Rudy Kainuma 15.43	M40 Alan Bushman 26.34	M40 Reggie Duke 2:16.1	Dale Nelson 11-3.5
800m	W35 Elaine Iba 15-1.75	M65 Arnie Ray 15.11	Hammer	Rick Kushman 2:11.8	M55 John Parks 15-8.5
M30 Carlos Cota 1:56.60	Linda Cummings 11-3.75	M70 - Voegel 18.40	M35 Jeff Crothers 36.94	David Jang 2:27.0	Don Dvorak 15-2.5
M35 Allen McDuffrie 1:58.40	Karen Vaughn 10-6.75	M85 Stan Thompson 40.00	M40 Alan Bushman 20.56	M45 Dave Salazar 2:06.9	M60 O Legend 12-8
Mark Cleary 2:06.20	W45 Kay Sparks 7-11.5	W40 Gloria Savage Early 14.97	M50 Bob Osterhoudt 35.97	Steve Hall 2:16.6	M70 Jim Johnson 9-6
Mark Lewis 2:10.20	W55 Nadine O'Conner AR13-7	W55 Joan Davis 26.12	M70 Tom DeVaughn 24.75	David Wood 2:21.3	W35 Joy Margerum 17-8.5
M40 Bill McQuown 1:57.00	(Miller; 12-9 1/4; 1990)	W70 Edith Leiby 22.04	W30 Barbara Crothers 19.06	K Gravenhorst 2:30.5	W50 Avril Naylor 13-10.5
George McHale 2:11.40	Triple Jump	200m	Javelin	M50 Searcy Barnett 2:20.1	Nancy Nevin 9-3.5
David Jambaz 2:15.40	M35 Lavall Davenport 48-1/2	M30 R Clark 22.64	M30 Carlos Ortiz 36.60	Fred Martin 2:25.8	Triple Jump
Steve Cummings 2:16.60	M40 David Cook 36-1 1/2	M35 G Lee 24.15	Weight	Greg Burke 2:27.6	M45 Ernest Tsui 32-9.25
Kirby McMillan 2:19.60	Andrew Hecker 33-1 3/4	M40 - Costello 26.13	M35 Jeff Crothers 12.06	M55 Andres Dunkell 2:20.7	M50 Dale Nelson 18-9
M45 Nolan Shaheed 1:56.8h	M55 Alvin Henry 36-6 3/4	M45 Allen Ing 28.79	M40 Alan Bushman 6.88	M60 P Richardson 2:30.0	M55 Don Dvorak 32-8.75
Wayne Morris 2:12.70	M75 Chas Mercurio 24-9 1/4	M50 Mike Suenaga 28.97	W30 Barbara Crothers 8.72	M65 Ken Napier 2:49.2	John Parks 32-2.5
M50 Gary Rust 2:12.30	W35 Elaine Iba 29-6 1/2	M55 Jack Karbens 28.96	Superweight	John Bromstead 3:43.0	M60 O Legend 23-11.25
Rob Russell 2:13.20	W50 Latanya Glass 22-1 3/4	M65 A Ray 31.62	M35 Jeff Crothers 7.96	W30 Liisa Nichols 2:23.3	M65 John Caldwell 27-10.25
Ted Eggleston 2:49.90	Shot Put	M70 - Voegel 41.04	W30 Barbara Crothers 5.12	W35 Diane Delucchi 2:39.7	W50 Avril Naylor 26-1.25
M55 Cliff Bedell 2:31.30	M35 Mario St John 28-1/4	M85 S Thompson 1:56.34	Los Gatos Classic	W45 DeeDee Grafius 2:26.4	Shot Put
Lee Fitzgerald 2:50.00	M40 Bill Gardner 43-3 3/4	W40 G Savage Early 32.22	Los Gatos, CA; June 14	Sharlet Gilbert 2:49.4	M35 Ron McKee 55-11.5
M60 Ray Archibald 2:55.90	Andrew Hecker 21-11	W70 E Leiby 56.82	100m	W50 E Zurlinden 3:29.8	M40 Dave Miller 27-10.5
M70 Avery Bryant 3:07.70	M45 Mike Nash 47-11	400m	M35 Peter Grimes 11.0	W55 Jutta McCormick 2:39.8	M45 Gary Kelmenson 35-8
W35 Diane Heil 3:31.56	Art Raya 35-1 1/4	M35 Kent Unterman 59.91	M40 Marty Krullee 10.6	W60 D Bromstead 3:55.0	M50 Clay Larson 53-10
Helen Moreno 3:54.20	M50 David Perrin 16# 36-6 3/4	M40 - Costello 57.85	Kevin Morning 10.9	1500m	T Abatzoglou 35-7.5
W40 Debbie Barraza 2:37.79	D Archambault 33-1 3/4	M50 - Rite 60.64	Greg Belancio 11.8	M30 Adam Miller 4:35.4	Gary West 32-5.25
W75 Gerry Davidson 3:54.21	M55 Dave Dill 36-3 1/2	M55 Robert Taylor 60.74	Mark Robinson 11.9	Ward Travis 4:43.4	M55 Joe Keshmiri 49-9
1 Mile	Fred Hunter 29-9 1/2	M65 Brooks Kalluchi 91.30	M45 Ronnie Sims 11.9	M35 David Lucas 4:22.5	Gene Tucker 40-1.5
M30 Jeff Reed 4:44.74	M60 Hal Smith 46-3/4	M85 S Thompson 4:38.70	Riley McHugh 11.9	M40 Charles Lighty 4:33.2	M60 Jim Hart 40-2.25
M35 Joel Hope 4:48.90	Doug Cronin 38-10	W40 G Savage Early 76.17	Gregg Bunker 12.0	M45 Wayne Morris 4:42.8	M70 Ed Chynoweth 37-7
Tim Jones 5:06.23	Bob Eldridge 30-113/4	800m	Paul Raymond 12.8	Robert Collins 5:04.9	Jerry Silsdorf 27-6.5
M40 Gregory Lash 5:07.70	M65 Arney Gaynor 39-2 1/4	M30 John Zincone 2:01.85	M50 David Naylor 12.1	Tom Bennett 5:13.4	Lou Toscano 26-25
M45 Wayne Morris 5:08.60	Harry Hawke 37-11 1/4	M40 Ed Somerville 2:18.80	Curtis Thomas 12.8	M50 Jim Hampton 4:37.2	M75 Don Cumley 38-7.25
M60 Don Truex 5:32.62	Carlos Martinez 32-4 3/4	M45 - Goudge 2:39.30	Larry Herman 13.4	Fred Martin 4:59.6	Mike Castaneda 32-6.5
Ray Archibald 6:49.16	Don Hegberg 30-11 3/4	M50 Rich Moeller 2:46.98	M55 Bill Knocke 12.5	Wm Hendricks 5:17.3	Discus
M65 Bob Culling 5:39.47	M75 Jerry Seifert 29-5 1/2	M65 B Kalluchi 3:45.27	Art Stubbs 12.6	M55 Jim Bevins 5:47.0	M40 Dave Miller 91-2
W35 Helen Moreno 5:36.79	Seymour Lampert 26-4 1/4	1500m	John Parks 12.8	M60 Glynn Wood 5:52.9	M45 Tom Fahey 138-9
W40 Debbie Barraza 5:44.38	W35 Karen Vaughn 26-11 1/4	M35 Brad Lau 5:56.80	M60 Rich Martin 12.3	M65 John Bromstead 8:03.6	M50 T Abatzoglou 118-5
W50 Joni Shirley 5:43.64	W50 Latanya Glass 32-6 1/4	5000m	M65 Don Cheek 13.1	W30 Liisa Nichols 5:07.3	Wm Hendricks 82-10
5000m	Lynda Cronin 21-4 3/4	M35 Joe Stone 21:25.40	Benson Ford 13.9	W45 DeeDee Grafius 5:11.5	Joe Ramaeker 108-1
Discus	Pat Hunter 20-3 3/4		Vernon Regier 14.4	Melinda Morse 5:25.4	M55 Joe Keshmiri 164-3
M40 Dave Perrin 102-9					Gene Thacker 104-9

Continued on next page

Continued from previous page

M60 Jim Hart	133-4
O Legend	86-2
M70 Jerry Silsdorf	63-10
M75 Don Cumley	95-2
Mike Castaneda	92-11
Hammer	
M35 Ron McKee	154-4
Marty Martinez	136-7
Jeff Crothers	119-0
M45 Bob Prior	137-9
Gary Kelmenson	127-3
M60 Jim Hart	118-0
Don Hughes	77-7

Javelin	
M35 John Hansen	174-6
M45 Gary Kelmenson	104-6

Weight	
M35 Jeff Crothers	40-6
M45 Gary Kelmenson	40-9
Bob Pryor	40-3
M60 Jim Hart	35-10
Don Hughes	34-9

Superweight	
M35 Jeff Crothers	26-9
M45 Gary Kelmenson	28-6
Bob Pryor	24-9
M60 Jim Hart	19-7.5
Don Hughes	16-10

5000m Racewalk

M40 Art Klein	29:32.0
Bryan Winter	29:39.0
M50 John Donne	31:03.2
M55 Stu Kinney	32:02.3
M60 Jim Fisher	31:30.5
R Wheeler	35:56.0
M65 Dick Petrucci	28:08.8
Bill Moreman	31:03.2
M70 Tom Pait	36:12.6
M80 Ernie Lucken	36:33.5
W40 Terri Brothers	28:32.3
Laura Cribbins	28:55.2
W45 Judy Geldin	35:50.0
W50 Joann Nedelco	28:14.6
W55 L Coppola	33:32.4
W60 Arlene Miller	38:56.5
W65 Grace Moreman	38:08.7

**Aloha State Games
Honolulu, HI; June 14-15****100m**

M30 Kelsey Nakanelua	10.6h
M35 Gilbert Lee	11.38
M40 Gil Jankolwitz	12.84
M45 Art Isaki	13.17
M50 Absalon Amodo	13.18
M55 Robert Taylor	13.31
M60 Austin Whiting	14.36
M65 Pat Brown	15.03
M70 Bob Voegel	16.72
M75 James Crane	19.46
M80 Bob Terukina	24.89
M85 Stan Thompson	38.17
M90 Irwin Jaskulski	25.73
W40 Donna Spaddy	14.00
W45 G Savage-Early	14.40
W50 Peggy Andrews	17.15
W55 Joan Davis	25.77
W60 Ruth Heidrich	19.66
W70 Edith Leiby	21.83

200m

M30 Hank Warrington	22.61
M35 Gilbert Lee	23.84
M40 Henry Dutro	25.72
M45 Ng Allen	28.52
M50 Mike Suenaga	28.41
M55 Stanford Kuroda	30.73
M60 Austin Whiting	30.15
M70 George Ishiki	40.50
W30 Julie Fairbourn	30.42
W40 G Savage-Early	32.36
W50 Peggy Andrews	37.26
W70 Edith Leiby	54.05

400m

M30 Rudy Huber	52.01
M35 Mark Elwell	54.06
M40 Rob Gill	58.67
M45 Mike Tobias	1:06.23
M50 Mike Suenaga	1:20.23
M55 Stanford Kuroda	1:08.45
M60 Bill Cunningham	1:15.95
M65 Brooks Kakiuchi	1:36.00
M70 George Ishiki	1:27.99
M75 Naoto Inada	1:32.23
M80 Bob Terukina	1:55.14
W30 Julie Fairbourn	1:09.0h
W40 G Savage-Early	1:13.8h
W60 Ruth Heidrich	1:28.5h
W65 Shiz Miyashiro	1:36.7h

800m	
M30 C Dillon	2:28.47
M35 Mark Elwell	2:07.58
M40 E Somerville	2:15.83
M45 Wayne Joseph	2:34.07
M50 Richard Moeller	2:53.01
M55 Geoff Howard	3:00.52
M60 Tom Smyth	3:13.29
M65 Brooks Kakiuchi	3:44.69
M70 George Ishiki	3:36.10
M75 Naoto Inada	3:25.39
W60 Ruth Heidrich	3:20.87

1500m

M30 C Cillon	5:04.70
M35 Bradley Lau	5:22.99
M40 Stewart Miyashiro	4:49.17
M45 Wayne Joseph	5:04.29
M50 Richard Moeller	5:35.02
M55 Geoff Howard	5:38.27
M60 Cliff Youth	6:33.48
M65 Brooks Kakiuchi	7:31.25
M75 Naoto Inada	7:10.21

3000m

M30 J Banuilo	11:30.9h
M35 K L Guerrero	11:27.3h
M40 S Miyashiro	10:11.6h
M45 Wayne Joseph	11:00.5h
M50 Richard Moeller	11:39.5h
M55 Geoff Howard	12:10.6h
M60 Bob Doleman	15:41.20
M75 Martin Sherman	19:28.4h

Short Hurdles

M30 Edwin Alfaro	20.38
M40 Vincent Costello	18.19
M50 Absalon Amodo	17.85
M55 Martin Hee	18.60

Long Hurdles

M30 Edwin Alfaro	1:16.10
M50 Absalon Amodo	1:09.59
M55 Bob Dawson	1:28.52

4x100 Relay

M50 Hawaii Masters	53.33
50-A (Karbens/Bush/ Suenaga/Amodo)	

4x400 Relay

M70 Hawaii Masters 70	1:26.84
(Yogi/Sherman/ Inada/Ishiki)	

4x800 Relay

W30 All Around	1:01.46
(Early-Savage/Spaddy/ Fairbourn/Andrews)	

4x1000 Relay

M40 Hawaii Masters 40	4:10.20
(Gill/Blair/Lim/Dutro)	

**50-A (Karbens/Bush/
Larson/Amodo)****4x200m Relay**

M60 Hawaii Masters 60	5:42.86
(Cunningham/Youth/ Kakiuchi/Whiting)	

High Jump

M40 TarasChepurny	5-6
M45 Tom Marks	5-2
M50 Allen Hartwell	4-6
M55 Martin Hee	4-4
M65 Sheldon Varney	4-8
M70 Bob Voegel	3-8
M75 K Wheeler	3-10
M85 Stan Thompson	2-4

Pole Vault

Joel Flores	11
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Long Jump

M30 Rudy Huber	21-11
M35 Darrell Harden	17-5.25
M40 TarasChepurny	17-11.75
M45 Welmon Walker	14-25
M50 John Brassell	12-2
M55 Lionel Low	15-7.75
M65 Pat Brown	12-2
M70 Bob Voegel	9-10
M75 Kenneth Wheeler	9-6
M85 Stan Thompson	3-2.75

Triple Jump

M30 Edwin Alfaro	31-2.50
M35 Darrell Harden	33
M40 TarasChepurny	35-11.25
M50 Robert Larson	29-4.75
M55 Lionel Low	31-7.75
M70 Bob Voegel	20-1.75

Shot Put

M30 John Harvey	39-2.50
M35 Brian Ueno	42-1
M40 Dale Carstensen	33-6.25
M45 Scott Brooks	35-6.75
M50 Robert Larson	30-7.5
M55 Jack Karbens	31-10
M70 Dick Mulkern	30-11.75

M75	Kenneth Wheeler	30-2.25
Discus		
M30	John Harvey	129-11
M35	Brian Ueno	119-10
M40	Dale Carstensen	120
M45	Scott Brooks	96-3
M55	Jack Karbens	107-6
M60	Edward VanPelt	157-5
M70	Dick Mulkern	121-3
M75	Kenneth Wheeler	99
M85	Stan Thompson	27
W35	Lynette Chun	45-7

**Trojan Masters Track Meet
Cromwell Field/USC
Los Angeles, CA; June 29****100m**

M30 G Onyeyonwu	30	11.10	88.8
Stephen Acosta	31	13.66	72.1
M35 Alberto Ros	35	11.04	90.5
Darrell Reed	39	11.14	89.7
Wayne Iba	38	11.65	87.5
M40 James Bonilla	41	11.60	89.6
Steve Cummings	41	11.80	88.1
David Parrin	43	12.00	87.8
M45 Johnny Williams	45	11.40	90.6
Eugene Driver	47	12.14	87.9
George Wong	48	13.43	81.1
M50 Frank Little	50	12.61	87.5
David Naylor	50	12.65	87.2
Dale Herring	51	12.70	87.4
M55 Hal Tolson	59	12.40	94.6
Bill Knocks	57	12.68	91.2
Philip Robertson	57	12.77	89.3
M60 Ken Dennis	60	12.44	94.9
Dick Richards	63	12.57	96.1
Roger Tsuda	61	13.51	88.0
M65 Don Cheek	67	13.90	89.7
Samuel Flory	65	14.25	86.1
Jim Selby	68	14.80	85.1
M70 Thomas Miller	73	15.72	84.1
James Kohfeld	70	16.89	75.9
Joseph Welch	72	17.36	75.4
M75 Julian Myers	79	22.88	62.0
M80 Andy Collins	80	19.10	75.1
M85 Anthony Castro	87	18.29	87.2
W35 Elaine Iba	36	13.71	80.5
W40 Michele Freeman	42	14.83	77.8
Kathryn Herring	43	16.45	70.7
Bess Qualls	42	16.39	69.4
M45 M Socomonian	47	20.92	57.3
M50 Avril Naylor	50	14.75	83.2
M McMaster	54	22.98	55.0
W60 Irene Obera	60	14.30	92.8
Christel Miller	62	16.33	82.7
Patricia Willis	61	20.99	63.2
M65 M Kuehne	66	17.07	82.1
W70 Johnny Valien	71	18.42	80.3

200m

M30 G Onyeyonwu	30	22.38	88.1
Berry Kettrell	30	22.50	87.6
M35 Alberto Ros	35	22.84	87.8
Wayne Iba	38	23.64	86.6
Dave Dimassa	35	26.21	78.5
M40 Fredger Alexander	43	25.00	84.8
James Bonilla	41	25.52	82.0
Neal Bojko	41	26.22	79.8
M45 Fred Sowerby	45	24.27	88.7
Eugene Driver	47	24.71	87.1
Herman Castille	45	25.04	85.9
M50 Stan Whitely	50	23.56	94.6
Frank Little	50	26.02	85.7
David Naylor	50	26.56	84.0
M55 Hal Tolson	59	25.61	92.9
Philip Robertson	57	26.04	88.7
Charley Loftis	55	27.54	83.9
M60 Ken Dennis	60	26.50	90.4
Frank Hollier	60	26.98	88.8
Roger Tsuda	61	28.08	86.0
M65 Don Cheek	67	28.80	88.4
Samuel Flory	65	29.49	84.7
Jim Selby	68	30.35	84.2
M70 Mito Sather	70	35.38	74.0
Joseph Welch	72	37.40	71.6
James Kohfeld	70	40.67	64.4
M75 Bob Hunt	77	40.87	69.5
M80 Andy Collins	80	53.06	55.7
W35 Elaine Iba	36	28.77	77.4
W40 Tina Stough	44	30.55	77.8
Michele Freeman	42	31.60	74.0
Kathryn Herring	43	35.18	67.0
W50 Avril Naylor	50	31.49	79.3
M McMaster	54	51.30	50.3
W60 Irene Obera	60	29.95	90.7
W65 Sum Leonard	69	35.36	80.6
M Kuehne	66	37.10	77.7

400m

M30 C Stephenson	34	51.02	86.9
M35 Dave Dimassa	35	55.73	80.1
M40 Cliff McKenzie	40	49.18	93.8
Milton Qualls	43	52.35	89.3
Steve Cummings	41	55.11	84.2
M45 Fred Sowerby	45	51.85	92.0
Herman Castille	45	55.08	86.6
Eugene Driver	47	56.34	84.7
M50 Stan Whitely	50	53.06	93.2
Larry Wesenthal	50	58.44	84.6
Joe Perry	52	1:03.45	77.9
M55 Gary Sims	55	1:04.93	79.1
Fred Hartman	59	1:05.51	81.1
M60 Charles Kirby	61	1:01.65	87.7
Frank Hollier	60	1:05.32	82.0
Ross Dunton	64	1:10.93	78.4

800m

M40 Eric Parker	44	2:05.63	88.7
Dan Goldman	42	2:06.71	86.7
Neal Bojko	41	2:12.87	82.1
M45 Bill Fitzpatrick	46	2:13.89	84.5
Steve Carlson	47	2:27.71	77.2
Ron Rook	48	2:31.13	76.0
M50 Lee Fitzgerald	51	2:11.74	89.3
Bob Russell	51	2:18.11	85.1
Graeme Shirley	50	2:24.68	80.6
M55 Gary Sims	55	2:57.20	68.6
M60 Charles Kirby	61	2:34.88	82.9
Ray Archibald	64	2:59.64	73.6
M65 Jim Selby	68	2:44.10	84.2
Bob Holmes	68	2:55.98	78.5
M70 Avery Bryant	73	2:53.33	84.8
Milo Sather	70	3:07.65	75.3
M75 Julian Myers	79	5:08.17	52.1
W40 Carla Hopple	40	2:27.20	82.5
W45 Trudy Lawrence	45	2:49.62	74.7
W50 Joni Shirley	50	3:27.28	64.2
M McMaster	54	4:13.09	54.4
W60 Jean Hoagland	60	2:51.63	85.4
W65 Sum Leonard	69	3:13.31	80.4

1500m

M30 Hank Gabrielyn	31	4:41.82	73.7
M45 Steve Carlson	47	4:52.59	78.9
M50 Stephen Hake	50	4:46.74	82.4
Bob Russell	51	4:50.62	82.0
M55 Doc Murdoch	56	5:40.25	73.0
M60 Ray Archibald	64	6:05.23	73.5
M65 Jim Selby	68	5:33.32	84.2
M70 Avery Bryant	73	5:55.80	84.0
M75 Julian Myers	79	9:41.51	56.2
W45 Trudy Lawrence	45	5:42.12	74.9
W60 Jean Hoagland	60	5:47.61	85.4
Patricia Willis	61	8:40.78	57.0

5000m

	Roger Tsuda	61	28.08	86
M65	Don Cheek	67	28.80	88
	Samuel Flory	65	29.49	84
	Jim Selby	68	30.35	84
M70	Milo Sather	70	35.38	74
	Joseph Welch	72	37.40	71

Continued from previous page

M40 Bob Blackburn	9.85
M45 Oron Lott	10.51
M50 K H Troy	10.88
M60 John Heller	6.97
M70 Hal Carlile	7.43
M75 Lew Luehrs	3.34
Shot Put	
M40 Mark Neal	13.91
Gary Zasimovich	12.63
Mike Westin	10.76
M50 Jack Miller	9.53
Dan Cole	9.20
Peter Larsen	9.16
M55 John White	11.75
Larry Lundgren	10.30
Tom White	8.23
M60 Neil Saling	11.56
Turk Markishtum	11.28
M65 Darold Skartvedt	11.18
M70 Carl Fenema	10.15
George Butchko	7.28
M75 Jim Minah	8.59
Ken Gorshkow	7.93
Lew Luehrs	7.29
M85 Leon Joslin	7.83
Discus	
M40 Mark Neal	40.44
Gary Zasimovich	31.03
Mark Westlin	29.02
M50 Jack Miller	32.60
Dan Cole	27.06
Grant Lamothe	26.66
M55 John White	37.54
Larry Lundgren	31.30
Dick Dow	28.00
M60 Neil Saling	45.58
Turk Markishtum	39.02
M65 Darold Skartvedt	40.70
W Hill	31.72
M70 George Butchko	26.72
Carl Fenema	25.55
M75 Ken Gorshkow	23.34
Lew Luehrs	13.66
M85 Leon Joslin	25.34
Hammer	
M40 Mark Neal	44.58
M60 Fred Shanaman	29.22
M65 Ken Weinbel	38.36
M75 Jim Minah	30.82
M85 Leon Joslin	24.34
Javelin	
M50 Grant Lamothe	26.84
M55 Peter LaBarge	36.34
Brad Wilson	29.44
M60 Turk Markishtum	40.18
M70 Carl Fenema	25.76
George Butchko	22.46
M85 Leon Joslin	15.86
W40 Ruth Callard	26.10
W55 Becky Sisley	29.30
Weight Throw	
M60 Fred Shanaman	11.16
M65 Ken Weinbel	12.06
M75 Jim Minah	7.65
M85 Leon Joslin	7.41
3000m Racewalk	
M35 Colin Peters	14:46.0
M45 Stan Chraminski	14:49.5
Bob Novak	15:39.5
Art Grant	16:54.5
W35 T L TaylorSmith	17:04.0
Joslyn Slaughter	18:14.2
W40 Robin Helm	17:45.0
W50 CaroleLangenbach	22:55.0
W60 Bev LaVeck	17:09.7
1500m Racewalk	
M45 Art Grant	7:52.0
W35 T L TaylorSmith	9:05.6

Portland Masters Classic
Gresham, OR; June 14-15

100m	
M30 Art Anderson	11.13
M35 Ron Wallace	12.66
Naim Hasan	12.73
M40 Billy McKinney	12.10
Bob Blackburn	12.11
Steve Banton	14.03
M45 Richard Ying	13.60
M50 Dave Walter	12.65
Ray Pokorny	13.25
Ron Jensen	13.48
M55 Paul Edens	12.57
Joe Johnson	13.30
Jim Puckett	14.51
M60 Bob Golly	13.94
Jim Schlewitz	14.74
M65 Don Kane	14.78
Dick Cottingham	15.15
Wm Hill	15.92
M70 Hal Carlile	15.49
George Butchko	18.22

W30 Donna Lamar	14.28
W40 Ruth Callard	14.68
W50 Rosalie Carmen	15.85
Gwen Reid	15.91
Caroline Cooney	16.45
W55 Becky Sisley	16.74
Rose Schlewitz	17.71
W65 Pat Osmon	23.25
W75 Irene Crane	28.18
Men's Age-Graded 100m	
Dave Walter 52	11.17
Bob Golly 62	11.19
Richard Ying 49	12.17
Jim Puckett 57	12.27
Doug Puckett 33	12.30
Don Kane 65	12.37
Hal Carlile	13.30
Women's Age-Graded 100m	
Rosalie Carmen 53	12.55
Rose Schlewitz 55	13.86
Patricia Osmon 69	15.86
200m	
M30 Art Anderson	22.46
Doug Puckett	24.50
M35 Ron Wallace	26.43
Naim Hasan	28.10
M40 Billy McKinney	24.60
Mike Andrews	25.10
M45 Richard Ying	27.50
Mike Norton Sr	27.90
M50 Dave Walter	24.53
Ray Pokorny	26.68
M55 Joe Johnson	26.68
Paul Stepan	29.22
M60 Jim Schlewitz	30.59
Larry Wright	33.99
M65 Dick Cottingham	30.69
W40 Ruth Callard	30.30
W50 Jean Moule	44.42
W55 Rose Schlewitz	38.55
W75 Irene Crane	59.67
400m	
M30 Doug Puckett	52.88
M35 Naim Hasan	56.22
David Haner	61.12
Tony Crawford	63.59
M40 Mike Andrews	54.13
Lance Giles	55.77
Miklo Ohugushi	60.14
M45 Mike Norton Sr	62.57
Rich Walton	66.44
M50 Dave Walter	54.30
Rich Tucker	57.11
Ray Pokorny	58.34
M55 Don McMillan	59.76
Paul Stepan	67.00
M60 Larry Wright	73.00
M65 Don Kane	66.70
Tom Brinton	73.60
W75 Irene Crane	2:23.14
800m	
M35 Mike Stepan	2:03.11
Tad Gotting	2:07.75
M40 Dave Clingan	2:08.89
Bob Johnson	2:23.33
M45 Mark Wiitala	2:13.97
Mike Morton Sr	2:36.39
Ron Dimmerman	2:40.80
M50 Rich Tucker	2:11.43
Alan Beck	2:13.50
M55 Don McMillan	2:13.67
Robert Ryan	3:12.85
M60 Larry Wright	2:42.12
M65 Don Kane	2:41.32
Tom Brinton	2:52.30
1500m	
M30 Bryan Forbes	4:25.59
M35 Mike Stepan	4:18.15
Tad Gotting	4:20.32
Tony Crawford	5:09.13
M40 Erik Ojala	4:24.12
M45 Jim Jones	4:24.19
Mark Wiitala	4:34.77
Jim Satterfield	4:54.55
M50 Mike Carnahan	4:36.90
Bob Williams	5:00.29
Greg Jacob	5:22.65
M60 Larry Wright	5:22.75
M65 Bill McChesney	5:40.37
W55 Laura Stepan	8:05.98
W65 MarciaMcChesney	7:05.48
W70 Jean Mitchell	8:57.65
3000m	
W65 M McChesney	25:42.62
5000m	
M30 Chris Smith	18:19.88
Tom Scott	18:47.04
M40 RogerTumasonis	16:20.56
M45 Dward Miller	17:42.65
Mark Wiitala	17:42.71
M50 Alan Beck	17:18.96
Foster Kimble	20:58.74
Steve Munroe	25:42.77
M55 Robert Ryan	21:13.41

M60 Larry Wright	18:44.21
M65 John Hepner	19:50.51
Bill McChesney	21:13.62
Hurdles	
M45 Rich Walton	22.26
M65 Bill Hill	22.13
W40 Ruth Callard	15.02
Long Hurdles	
M45 Rich Walton	76.86
M65 John Hepner	56.63
W40 Ruth Callard	76.23
Heidi Sause	80.73
W50 Jean Moule	81.62
Steeplechase	
M40 Jack Prestrud	10:50.99
Scott Kessler	12:07.97
M45 Jim Satterfield	12:13.97
M50 Luigi Schiavo	16:34.93
M65 John Hepner	12:54.51
High Jump	
M55 Joe Johnson	4-8
Don McCrea	4-8
Jack Kondrasuk	4-2
M60 Bob Darling	4-9
Bob Golly	4-4
Jim Hitchman	3-8
M65 Bill Hill	4-4
Harvey Lewellen	4-2
M70 Vince Sempronio	4-4
George Butchko	3-2
M75 Gil Young	3-8
Les Hintz	3-0
Pole Vault	
M34 Mike Jaqua	13-0
M40 Steve Banton	11-6
M45 Ed Lipscomb	14-0
John Patterson	11-6
Richard Ying	9-6
M60 Don Gray	8-10
Bob Golly	7-10
M65 Harvey Lewellen	8-10
Bill Hill	5-6
M70 John Cleveland	8-6
Don Grosh	8-2
M75 Les Hintz	5-4
W55 Becky Sisley	7-10
Long Jump	
M30 Mike Toll	20-9.50
Brian Coushay	20-9
M40 Mike Lariza	20-6
Bob Blackburn	19-11
M50 Oron Lott	16-8.50
Jon Peterson	12-7
Luigi Schiavo	11-11.50
M55 Dick Rex	14-2.50
Jack Kondrasuk	12-10.50
Pete LaBorge	12-6.50
M60 Bob Golly	13-8.50
M65 Harvey Lewellen	12-1.50
Bill Hill	11-6
M70 Hal Carlile	13-4.50
George Butchko	10-5
W30 Donna Lamar	14-10
W40 Kimmie Allegre	12-11
Triple Jump	
M30 Mike Toll	39-3.25
M40 Terry Masterson	29-7.50
M50 Oron Lott	33-5
M55 Jack Kondrasuk	26-4.75
M60 Bob Golly	25-8.50
M70 Hal Carlile	21-9
W30 Julie Toll	27-5.25
W50 Jean Moule	21-0
Shot Put	
M40 Steve Banton	36-3
Billy McKinney	27-10.50
M50 Jerry Ford	40-11.75
David Smith	36-3.25
Dave Archambault	33-11.50
M55 Joe Johnson	36-3
Jack Kondrasuk	31-10
M60 Bob Lawson	41-4
Neil Saling	39-7
M65 Roberts Peters	32-6.50
M70 VinceSempronio	37-10.75
Cal Hersey	35-5.75
Bob Woods	31-1
M75 Jim Minah	29-9.25
Don Jacobs	15-7.25
M80 Ross Carter	36-10
W35 JoAnne Wolfe	28-3.25
W40 Kimmie Allegre	30-4
W50 Rosalie Carmen	22-2.75
Kathy Crowe	18-11
W65 Pat Osmon	19-11.25
Discus	
M40 Brian Valley	111-11
M45 Jerry Crowe	123-2
M50 D Archambault	102-6
Luigi Schiavo	102-3
David Smith	99-7
M55 Frank Carl	123-4
John White	120-0
Conrad Sundholm	119-1

M60 Neil Saling	151-10
Bob Darling	139-9
Bob Lawson	137-5
Stan Zak	121-11
M65 Harv Lewellen	130-0
Bill Hill	105-11
Jerry Wojcik	104-11
M70 Cal Hersey	109-7
George Butchko	84-1
M75 Don Jacobs	46-10
M80 Ross Carter	108-8
W50 Jean Moule	69-7
Rosalie Carmen	65-10
Kathy Crowe	56-9
W55 Suzy Hess	56-1
W65 Pat Osmon	41-4
Hammer	
M40 ForrestBrouillard	122-8
M50 Todd Taylor	139-11
Luigi Schiavo	79-4
David Smith	65-4
M55 John White	122-3
Frank Carl	92-1
M60 Frank Miller	111-3
Bob Lawson	110-9
Jim Hitchman	100-4
M65 Jerry Wojcik	102-11
M70 Vince Sempronio	86-10
Ward Church	77-9
Bob Woods	74-7
M75 Jim Minah	105-10
W55 Suzy Hess	64-2
W65 Pat Osmon	61-6
Javelin	
M40 Tom Walker	179-9
John Zedella	139-6
M50 Bob Burkholder	148-11
Ladd Zastoupil	132-5
Jim Holzgraf	89-8
M55 Pete LaBorge	121-7
Joe Johnson	110-8
John King	81-1
M60 Bob Darling	150-0
Bob Lawson	126-10
Jim Schlewitz	90-10
M65 John Hepner	107-5
Earl Johnson	95-6
John Nelson	86-10
M70 Cal Hersey	96-10
Ward Church	75-1
George Butchko	74-7
M75 Bill Bronson	103-2
Joe Mallon	68-0
Jim Minah	61-2
W35 JoAnne Wolfe	68-11
W40 Kimmie Allegre	96-9
W50 Rosalie Carmen	72-0
W55 Becky Sisley	106-8
Rose Schlewitz	60-9
W65 Pat Osmon	42-9
Weight	
M40 Forrest Brouillard	35-0
M50 Todd Taylor	34-1
David Smith	26-2
Luigi Schiavo	24-6
M55 John White	34-5
Frank Carl	22-7.50
Paul Stepan	18-7.50
M60 Bob Lawson	41-4.50
Frank Miller	34-9.50
M65 Jerry Wojcik	32-11
M70 Vince Sempronio	32-11
Bob Woods	23-1
Ward Church	22-6.25
M75 Jim Minah	23-6
W55 Suzy Hess	25-10.50
W65 Pat Osmon	18-3.50
5000m Racewalk	
M40 Rob Frank	25:51.04
Doug VerMeer	27:18.02
M55 Fred Seewerker	30:11.87
M65 Dick Vaughn	35:42.33
M75 Joe Mallon	38:25.71
W35 Susan Heiser	30:12.10
W45 Kathy Smith	51:53.74
W50 Judy Heller	31:08.19
W55 Pat Morgan	32:11.88
Kaye Duncan	34:47.61
W60 MargaretPeters	35:18.07
Marg Seewerker	35:31.45
Anne Whitaker	36:16.00

Hayward Masters Classic
Hayward Field
Eugene, OR; June 28-29

100m	
M30 Art Anderson	11.11
Paul Scarlett	11.29
M35 Ron Wallace	12.19
Greg Font	12.39
David Haner	12.81
Lyle Dudley	14.60
M40 Bill McKinney	11.95
John Wells	12.58

Cecil Noble	13.49
Steve Banton	14.19
M45 Jack Craig	12.42
Wing Man	13.25
Fernando Ortega	13.27
Richard Ying	13.61
M50 Clyde Hundley	12.85
Ray Pokorny	13.08
Ron Jensen	13.31
Frank Lulich	13.42
Fred Johnston	13.55
M55 Paul Edens	12.46
Joe Johnson	13.18
Paul Stepan	14.24
Eduardo Aravena	14.97
Woodie Woodsum	15.59
M60 Bob Golly	13.73
Danny Curtis	14.27
Ralph Daehler	14.62
Jim Schlewitz	14.78
Bill Baxter	16.37
W30 Pam Reynolds	14.66
W40 Cindy Steenbergen	12.92
Jacqueline Board	13.63
Ruth Callard	14.51
Rebecca Mitchell	15.68
Shawn Underwood	15.80
W45 Mary Libal	13.09
W50 Rosalie Carmen	15.63
Teddie Bell	16.60
W55 Becky Sisley	16.69
Rose Schlewitz	17.73
W70 Pat Osmon	23.57
W90 Myra Fromme	41.06
200m	
M30 Karry Cameron	24.52
Ron Wallace	25.09
Hasan Na'im	25.22
Doug Schneebeck	25.58
Lyle Dudley	29.31
M40 John Wells	25.80
Terry Dove	26.48
Cecil Noble	27.08
M45 Jack Craig	24.77
Jim Hiebert	26.76
Fernando Ortega	26.84
Allen Huffstutter	28.88
M50 Wayne Gripp	25.11
Ray Pokorny	26.59
Clyde Hundley	26.72
Frank Lulich	26.86
Ron Jensen	27.65
M55 Paul Edens	25.82
Joe Johnson	26.60
Lew Thorne	28.17
Paul Stepan	29.54
Woodie Woodsum	32.74
M60 Bob Golly	28.22
Ralph Daehler	29.75
Danny Curtis	29.88
Jim Schlewitz	30.30
M65 Jack Coy	29.01
Don Kane	30.00
Darold Skartvedt	30.12
Dick Cottingham	31.51
M70 Rodney Brown	29.73
W40 Jacqueline Board	27.44
Ruth Callard	30.50
Rebecca Mitchell	33.06
W45 Mary Libal	26.74
W50 Teddie Bell	34.90
Caroline Cooney	35.16
Jean Moule	41.22
W55 Rose Schlewitz	37.86
400m	
M30 Paul Scarlett	51.18
M35 Hasan Na'im	54.92
David Haner	59.26
Lyle Dudley	64.62
M40 David Clingan	56.51
Russ Jacquet Acea	57.03

Continued from previous page

Donn Kirk 24:32.29	Mike Toll 6.16	Jerry Wojcik 30.62	W70 Pat Osmon 5.76	Tony Bowman 27.24	1500 metres
M70 John Keston 19:26.98	M35 Greg Font 6.22	Cully Vaughn 28.16	W75 Melanie Reske 5.12	David Burton 27.77	M40 Glyn Harvey 4-12.5
W50 Pam Turner 19:52.21	Darrell Charles 6.15	M70 Cal Hersey 32.10	Mile Racewalk	M65 Allan Meddings 27.44	Loughlin Campion 4-13.7
W60 Jane Dods 25:26.48	Lyle Dudley 4.78	M75 Don Cumley 31.20	M40 Robert Frank 7:42.97	Barry Pamaby 28.91	Peter Milligan 4-14.4
W65 Marcia McChesney 25:32.99	Myron Dover 27.10	Jim Minah 21.40	Doug VerMeer 8:10.07	Bill Morrow 34.93	M45 Stewart Hallon 4-24.2
10,000m	John Wells 5.53	M80 Ross Carter 33.40	M55 Ed Kousky 7:34.48	M70 Douglas Adair 29.12	Keith McGeoh 4-24.7
M35 Stephen Stolp 39:15.74	Cecil Noble 4.17	Dan Bulkley 21.90	Fred Seerwerker 9:36.15	John Quantrell 30.36	Michael Bumstead 4-26.0
M40 Cregg Weinmann 38:41.78	Mario Valero 3.75	M85 Leon Joslin 25.80	M75 Joe Mallon 11:44.92	George Bridgeman 30.74	M50 Reg Phipps 4-27.4
Mike Gangwer 39:18.60	M45 Allen Huffstutter 4.51	W50 Rosalie Carmen 20.40	W35 Teresa Aragon 8:26.48	Alan Lovett 32.97	John Potts 4-29.8
M45 Richard Hayes 39:48.04	M50 Oron Lott 5.09	Jean Moule 20.38	Marie VerMeer 10:55.42	Les Williams 35.79	John Wallace 4-29.8
M50 John Postlethwait 38:54.04	Geoff Hughes 4.95	Kitty Crowe 17.90	W40 Robin Helm 9:05.35	M80 Ernest Plimer 38.18	M55 Stanley Erlam 4-35.7
M55 Jerry Reynolds 41:52.63	Dick Clintworth 4.89	W55 Becky Sisley 17.68	W55 Sperry Rademaker 8:58.05	Leonard Watson 40.13	Christopher Elson 4-36.1
M60 Bobby Kincaid 39:04.03	Luigi Schiavo 3.58	Suzy Hess 16.66	Pat Morgan 9:51.10	W35 Angela Beadnall 26.61	Alan Peers 4-51.9
Marv Rexius 40:33.35	M55 Pete LaBarge 4.13	Idora Eldred 13.56	Kaye Duncan 10:33.06	Sandra McDonald 26.83	M60 Ian Barnes 4-56.2
Ken Ogden 43:25.24	Fernand Chiriboga 3.74	W70 Pat Osmon 12.86	W60 JoAnne Parks 9:27.73	Laura Pummell 26.85	John Gormley 5-02.2
W30 Carolyn Peterson 49:38.38	M60 Ralph Daehler 4.60	W75 Melanie Reske 13.00	Marg Seerwerker 10:39.09	W40 Helen Godsell 27.21	Arthur Kimber 5-08.9
Hurdles	Danny Curtis 4.47	Hammer	Anne Whitaker 11:05.98	Margaret Smith 27.63	M65 Bill Stoddart 5-14.9
M35 Doug Schneebeck 16.53	Bob Golly 3.78	M35 Ron Uhl 38.82	5000m Racewalk	Joylyn Saunders 28.20	John Roberts 5-25.0
M40 Russ Jacquet Acea 17.96	M65 Darrol Skartvedt 4.57	M45 Tim Edwards 42.64	M40 Robert Frank 26:02.78	W45 Vivien Bonner 26.52	Derek Howarth 5-27.3
M45 Jack Craig 16.00	John Hepner 4.14	Bob Sager 36.62	Doug VerMeer 27:02.02	Barbara Blurton 27.42	M70 Ronald Hale 6-11.6
M50 Fred Johnston 15.62	Alan Maxwell 3.66	Jan Elton Grigsby 20.38	M45 Stan Chraminski 25:12.26	Pat MacKinnon 28.08	Basil Nielson 7-07.9
Geoff Hughes 18.64	Bill Hill 3.22	John Gallen 14.10	Bob Novak 26:17.65	W50 Maureen Lewington 27.83	Ted Joynson 7-29.4
M60 Bob Golly 19.93	W30 Pam Reynolds 4.40	M50 Tom Gage 60.18	M50 Denis Obert 31:14.87	Valerie Parsons 28.35	M75 Jerry Kelly 7-21.9
M65 Alan Maxwell 20.16	W40 Kimmie Allegre 4.02	George Mathews 47.76	M55 Ed Kousky 25:30.91	Margaret Nuttall 28.59	W35 Deborah Howard 4-48.4
Bill Hill 22.54	W60 Jane Dods 3.11	Todd Taylor 44.70	Fred Seerwerker 31:21.14	W55 Iris Holder 30.76	Jan Thomson 4-54.9
Keith Carr 23.22	Triple Jump	David Smith 23.08	M75 George Grainger 47:28.55	Esther Linaker 31.22	Lynne Flatman 5-04.8
M70 Dick Nordquist 16.48	M30 Brian Coughay 13.86	M55 Dick Hotchkiss 46.16	W35 Teresa Aragon 27:14.59	Janet Towler 33.01	W40 Janet Holt 4-41.05
M80 Dan Bulkley 17.73	Mike Toll 12.26	John White 39.14	W40 Robin Helm 30:40.09	W60 Carol Gibbons 34.28	Anne Pugh 4-54.45
W30 Pam Reynolds 18.63	M35 Darrell Charles 12.35	M60 Jim Hitchman 32.22	W45 Sue Laks 31:16.95	Mary Webb 34.52	Marian Eldridge 5-01.58
W40 Ruth Callard 14.83	Greg Font 11.93	Fred Shanaman 29.20	W50 Judy Heller 30:35.92	Mary Holmes 35.23	W45 Nancy Hitchmough 5-03.0
Long Hurdles	M40 Fred Pearson 11.29	M65 Ken Weinbel 35.26	Carole Langenbach 38:54.37		Felicity Garland 5-19.6
M35 Doug Schneebeck 57.52	M50 Oron Lott 10.12	Jerry Wojcik 31.66	W55 Sperry Rademaker 28:48.24		Franky Farquhar 5-20.2
M40 Robert Johnson 70.25	M60 Bob Golly 8.06	M70 Vince Sempronio 24.88	Pat Morgan 32:49.54		W50 Barbara Parkinson 5-36.8
M50 Larry Norris 65.18	M65 Ray Ryan 5.56	M75 Jim Minah 31.30	Kaye Duncan 35:38.75		W55 Iris Hornsey 5-53.8
M55 Joe Johnson 78.47	W30 Julie Toll 8.37	M80 Ross Carter 19.16	W60 Bev LaVeck 28:49.35		Anne Nally 6-02.1
M65 John Hepner 55.44	W50 Jean Moule 6.29	W50 Georgia Cutler 26.62	Joanne Parks 30:18.24		W60 Anne Martin 6-37.9
M80 Dan Bulkley WR65.03	W60 Jane Dods 5.99	W55 Suzy Hess 20.16	Anne Whitaker 34:56.11		Brenda Atkinson 6-51.8
(Trev 68.0/1989)	Shot Put	W70 Pat Osmon 17.40	Marg Seerwerker 35:01.84		W65 Joselyn Ross 6-47.9
W40 Ruth Callard 74.38	M35 Lyle Dudley 6.30	W75 Melanie Reske 13.08	INTERNATIONAL		W75 Jose Waller 7-29.3
W50 Jean Moule 85.11	M40 Curt Denny 14.48	Javelin	BVAF Championships		5000 metres
Steeplechase	Steve Banton 9.88	M30 Miles Smith 35.26	Blackpool, England; June 28-29		M40 Mick McGeoch 15-26.9
M30 Bobby Hays 9:34.73	M45 Jerry Crowe 10.80	M35 Lyle Dudley 28.84	100 metres		Graham Ratcliffe 15-28.8
Scott Nopp 11:19.27	Bob Sager 10.52	M40 Tom Walker 54.76	M40 Stephen Peters 11.3		Barrie Moss 15-31.9
M35 Pat Wagner 10:06.26	Tim Edwards 10.01	Cecil Noble 39.86	Eric Smart 11.5		M45 Archie Jenkins 15-29.7
John Hughes 11:27.59	Allen Huffstutter 9.40	Russ Jacquet Acea 35.54	Kevin Burgess 11.5		Philip Hankinson 16-05.2
M40 Jack Prestrud 10:54.09	Jan Elton Grigsby 9.22	M45 Allen Huffstutter 37.14	M45 Viv Oliver 11.4		Richard O'Keefe 16-16.6
M45 Jim Satterfield 11:48.89	George Mathews 12.62	Tim Shelley 36.08	Alasdair Ross 11.7		M50 Martyn Rouse 16-07.4
M50 Larry Norris 11:59.39	David Smith 10.85	Tim Edwards 32.86	Paul Pinnington 12.3		Dic Evans 16-19.2
Luigi Schiavo 16:15.67	M55 Joe Keshmiri 15.32	Bob Sager 31.64	M50 Brain Townley 12.00		Michael Dixon 16-32.7
M60 Bob Langenbach 10:03.43	Dick Hotchkiss 12.22	Jan Elton Grigsby 30.30	Geoff Barratt 12.30		M55 Stephen James 16-47.8
M65 John Hepner AR8:10.29	John White 11.35	M50 Ladd Zastoupil 41.46	Anthony Deleiros 12.70		David Spencer 17-41.7
(Bryan 18:23.74/1989)	Richard Noble 11.00	Dick Clintworth 30.70	M55 John Steede 12.4		Alan Peers 18-10.4
M80 Dan Bulkley WR11:11.20	Joe Johnson 10.54	David Smith 29.38	Fred Turner 12.5		M60 Dennis Hayes 18-05.5
(Keller 11:39.03/1995)	M60 Walt Badorek 12.09	Geoff Hughes 29.36	Roy Austin 12.7		John Gormley 18-16.9
W50 Jean Moule 13:24.10	Neil Saling 11.79	Luigi Schiavo 25.10	M60 Alan Mellett 13.3		Peter House 19-01.5
High Jump	Ed Phelps 10.19	M55 Gary Reddaway 47.22	David Burton 13.4		M65 Paschal Morris 18-29.7
M30 David Turnbull 1.88	M65 Harvey Lewellen 11.24	Pete La Barge 37.16	Tony Bowman 13.6		Bill Stoddart 18-35.6
Tom Thompson 1.84	Darrol Skartvedt 11.00	Joe Johnson 33.50	Allan Meddings 13.28		William McBrinn 19-15.8
M35 Alan Wadsworth 1.64	Charles Bispala 9.03	John King 25.08	Barry Pamaby 14.25		M70 Ronald Hale 20-55.7
M40 Keith Nelson 1.96	Robert Peters 9.03	M60 Bob Darling 48.44	M70 Douglas Adair 14.30		Ted Joynson 23-12.0
Steven Banton 1.52	M70 Vince Sempronio 11.35	Malcolm Russell 42.60	John Quantrell 15.20		M75 Jerry Kelly 27-34.2
M45 Jerry Cash 1.64	Cal Hersey 10.63	Ed Phelps 30.90	George Bridgeman 15.29		W35 Lynne Marr 18-01.6
Allen Huffstutter 1.40	M75 Don Cumley 11.65	Jim Schlewitz 24.38	M75 Sylvester Stein 15.59		Kim Davison 18-24.2
M50 Frank Lulich 1.56	Jim Minah 8.55	M65 Darrol Skartvedt 39.58	Alan Lovett 15.61		Jane Griffiths 18-33.7
Dick Clintworth 1.52	Myron Dover 6.92	John Hepner 34.72	Les Williams 15.71		W40 Judith Meeten 18-09.4
Geoff Hughes 1.44	M80 Ross Carter 11.26	Tom Allison 31.18	M80 Ernest Plimer 17.10		Sue Ogilvie 18-52.0
M55 Joe Johnson 1.44	Dan Bulkley 7.99	Bill Hill 22.90	Leonard Watson 18.49		Hilary Collins 19-33.5
M60 Bob Golly 1.30	M85 Leon Joslin 7.83	M70 Cal Hersey 31.72	Bernard Metcalfe 18.51		W45 Felicity Garland 18-57.6
M60 Jim Hitchman 1.26	W40 Kimmie Allegre 8.96	Vince Sempronio 26.10	W35 Lynn Talbert 13.0		CRollason 19-01.4
M65 Keith Carr 1.34	W50 Jean Moule 8.07	M75 Myron Dover 20.72	Sandra McDonald 13.2		June Foster 19-51.5
Bill Hill 1.34	Rosalie Carmen 7.29	Boyd Brown 14.32	Janet Lyon 13.2		W50 Elaine Statham 18-42.4
Harvey Lewellen 1.30	Georgia Cutler 6.60	M80 Dan Bulkley 19.52	W40 Helen Godsell 13.3		Pauline Rich 20-13.1
M70 Vince Sempronio 1.34	Kitty Crowe 5.82	Ross Carter 18.98	Margaret Smith 13.5		B Parkinson 21-03.6
M75 Gil Young 1.14	W55 Idora Eldred 6.36	W30 Julie Toll 13.62	Carole Filer 13.6		W55 Christine Lee 20-48.4
Les Hintz 0.94	W70 Pat Osmon 5.70	W40 Kimmie Allegre 31.02	W45 Vivien Bonner 13.26		Maureen Farish 23-47.1
M80 Dan Bulkley 1.02	W75 Melanie Reske 5.68	W50 Teddie Bell 25.32	Pat MacKinnon 13.53		Bridget Cushman 24-16.0
M85 Leon Joslin 0.94	Discus	Rosalie Carmen 22.28	Barbara Blurton 13.66		W65 Joselyn Ross 23-53.8
W50 Caroline Cooney 1.14	M35 Lyle Dudley 18.30	Jean Moule 14.36	W50 Maureen Lewington 13.40		Betty Forster 24-27.7
W55 Becky Sisley 1.22	M40 Tim Fox 47.88	W55 Becky Sisley 31.98	Valerie Parsons 13.82		W75 Jose Waller 26-34.4
Pole Vault	Curt Denny 37.26	Rose Schlewitz 15.52	Margaret Nuttall 13.90		10000 metres
M40 Dan West 4.10	Steven Banton 36.00	Idora Eldred 15.34	W55 Esther Linaker 14.78		M40 Steve Lonnen 32-04.95
Steven Banton 3.68	Cecil Noble 32.72	W70 Pat Osmon 12.24	Iris Holder 15.00		Alan Dent 32-12.91
M45 Jerry Cash 4.10	M45 Tim Edwards 36.74	Weight	Jackie Charles 15.86		M Higginsbottom 32-14.38
John Patterson 3.58	Jerry Crowe 33.38	M45 Tim Edwards 13.52	W60 Carina Graham 15.70		M45 Archie Jenkins 32-26.41
Richard Ying 2.78	Brian Valley 32.30	Bob Sager 11.38	Carol Gibbons 15.82		Kenneth Moss 33-02.01
M50 Dennis Phillips 4.00	Bob Sager 29.12	Jan Elton Grigsby 7.88	Rosemary Chimes 15.94		C Dickinson 33-19.56
Dick Clintworth 3.38	Jan Elton Grigsby 28.44	M50 Tom Gage 16.24	W65 Brenda Green 18.71		M50 Martyn Rouse 33-36.25
M55 Terry Cannon 3.38	Thomas Gage 48.76	George Mathews 13.70	W75 Mary Wixey 19.26		Dic Evans 33-56.21
Jim Matejka 3.08	David Smith 30.66	Todd Taylor 11.10			Mark McNally 34-17.99
Gary Isham 2.68	Luigi Schiavo 29.94	David Smith 7.16			M55 David Spencer 36-18.54
M60 Don Gray 2.49	Dick Clintworth 27.30	M55 Dick Hotchkiss 13.48			John Collins 37-04.79
Allen Morris 2.39	Geoff Hughes 25.66	John White 10.16			Alan Peers 38-03.03
Bob Golly 2.19	M55 Dick Hotchkiss 46.86	Paul Stepan 4.68			M60 Cyril Leigh 36-19.1
M65 Harvey Lewellen 2.49	Joe Myers 39.04	M60 Fred Shanaman 10.38			Gordon Wiltshire 37-31.2
Loren Swanson 2.19	Conrad Sundholm 36.66	M65 Ken Weinbel 11.42			John Gormley 37-40.4
M70 Don Grosh 2.70	John White 34.08	M70 Vince Sempronio 9.92			M65 Bill Stoddart 38-33.0
John Cleveland 2.59	John King 28.18	M75 Jim Minah 7.30			William McBrinn 39-30.1
Dick Nordquist 2.49	M60 Neil Saling 45.40	M80 Ross Carter 6.70			Hugh Gibson 40-13.0
M75 Myron Dover 1.58	Bob Darling 44.82	M85 Leon Joslin 6.00			M70 Ronald Hale 44-15.1
Les Hintz 1.58	Walt Badorek 41.76	W50 Georgia Cutler 8.50			Ted Joynson 54-34.8
W55 Becky Sisley 2.39	M65 Darrol Skartvedt 41.31	Rosalie Carmen 7.08			M75 Jerry Kelly 56-11.9
Long Jump	Harvey Lewellen 35.94	W55 Suzy Hess 7.56			W35 Lynne Marr 58-04.1
M30 Dave Turnbull 6.58	Bill Hill 34.54				Vicki Perry 58-38.1
					Liz Craig 59-47.3
					W40 Anne Jeeves 56-50.8

Continued on next page

Continued from previous page

Denise Wakefield 40-19.9
Susan Crehan 41-05.1
W45 June Foster 42-14.4
Franky Farquhar 43-14.5
W50 Pauline Rich 42-02.4
Patricia Collier 52-26.6
W75 Insa Waller 54-44.8

3000m Steeplechase
M40 Dave Carrington 9-45.58
Eero Keranen 9-51.64
Peter Boxshall 9-59.27
M45 M Bumstead 10-37.08
M Wakefield 10-42.01
Peter Duhlg 10-57.45
M50 Ron McAndrew 11-28.52
Frederick Bush 11-44.72
M60 Peter Knott 9-31.63

High Hurdles
M40 Philip McIlpatrick 15.81
Ian Scholes 15.84
Clive Pengelly 17.15
M50 Eamon Fitzgerald 15.97
Snowy Brooks 16.36
Bob Groves 16.93
M55 Barry Ferguson 16.06
John Howe 16.18
Martin Simmonds 19.50
M60 Colin Shatto 16.39
Jim Day 19.49
Joseph Phillips 19.88
W35 Gaye Clarke 15.74
Jenny Brown 15.96
D Keenleyside 16.07
W40 Carole Filer 13.49
W50 Marlene Simmonds 14.51
W55 Jackie Charles 15.99
W60 Carina Graham 16.43

Long Hurdles
M40 David Anderson 58.09
Raymond Daniel 58.96
Andrew Laird 60.19
M50 Richard Barrington 62.55
Frederick Bush 65.58
Bob Groves 66.61
M55 Martin Simmonds 68.86
Brian Ariss 70.00
John Ross 70.66
M60 Colin Shatto 48.7
John Baron 53.6
William Atkinson 56.4
M65 Ian Steedman 55.5
W35 Lynn Talbert 69.91
Sally Page 73.67
W40 Carole Filer 70.34
Diane Watkins 78.49
W55 Nanette Cross 62.9

High Jump
M40 Robert Smith 1.75
Christopher Hesketh 1.75
Trevor Wade 1.70
M45 Stephen Faulkner 1.63
Robert Abdy 1.48
Allan MacLeod 1.33
M50 Eamon Fitzgerald 1.66
Bob Groves 1.63
Michael Cole 1.54
M55 Collin Green 1.45
Fred Turner 1.45
John Howe 1.39
M60 Anthony Crocker 1.52
Colin Shatto 1.49
Trevor Driver 1.34
M65 Clifford Taylor 1.25
Norman Carter 1.19
W35 Jenny Brown 1.67
Jackie Gilchrist 1.52
Hazel Barker 1.49
W40 Valerie Rutter 1.49
Carole Filer 1.46
Gwen Cunningham 1.34
W45 Pam Garvey 1.40
W50 Pat Oakes 1.23
Janice Hindle 1.14
Maureen Jones 1.11
W55 Jackie Charles 1.14
Iris Holder 1.08
W60 Rosemary Chimes 1.26

Pole Vault
M40 John Taylor 3.80
Garth Holder 3.10
Thomas Thompson 2.60
M45 Robert Abdy 3.20
John Moltram 3.00
Stephen Matthews 2.90
M50 Glyn Sutton 3.40
John Bradley 2.80
Richard Warren 2.50
M55 Godfrey Benson 3.50
John Howe 3.30
Tony Mackay 2.80
M60 Jim Day 2.80
M65 Norman Carter 1.70
W35 Janet Lyon 2.30
Deborah Singleton 2.10

Gaye Clarke 2.00
W40 Jennifer Cunnane 2.70
Judi Stafford 2.00
W50 Maureen Jones 1.90
Long Jump
M40 Trevor Wade 6.38
David Elderfield 5.62
Philip McIlpatrick 5.60
M45 Paul Pinnington 5.84
David Folgate 5.66
Dennis Wallington 5.61
M50 Eamon Fitzgerald 5.54
Snowy Brooks 5.15
James Rayner 4.99
M55 Mike Garvey 5.25
Collin Green 4.96
James Parish 4.91
M60 Colin Field 4.57
Trevor Driver 4.45
Ivon Price 3.99
M65 Ajit Kalrai 4.27
James Crehan 3.91
Bill Morrow 3.46
M70 George Bridgeman 3.92
M75 Alan Lovett 4.04
W35 Jenny Brown 5.41
Danea Herron 5.18
Manndy Laing 4.72
W40 Carole Filer 5.08
Brenda Evans 4.52
Gwen Cunningham 4.37
W45 Emily McMahon 4.69
W50 Marlene Simmonds 4.39
Pat Oakes 3.60
Janice Hindle 3.54
W55 Jackie Charles 4.06
Iris Holder 3.99
Janet Towler 3.29
W60 Carina Graham 3.62
Betty Steedman 3.60
Carol Gibbons 3.55
W75 Mary Wixey 2.68

Triple Jump
M40 Gary Gallagher 13.08
Trevor Wade 12.76
Philip McIlpatrick 11.40
M45 David Folgate 12.17
Paul Pinnington 11.66
Mike Clarihew 11.17
M50 Sean Power 12.88
Allan Cheers 10.92
James Rayner 9.23
M55 Collin Green 10.82
William Gentleman 9.28
M60 Anthony Crocker 10.19
Trevor Driver 9.67
Joseph Phillips 9.30
M65 James Crehan 9.12
Ajit Kalrai 8.98
Norman Carter 6.82
M75 Les Williams 7.60
W35 Jenny Brown 11.11
Danea Herron 10.21
Gaye Clarke 9.00
W40 Carole Filer 9.78
Gwen Cunningham 9.78
Brenda Evans 8.67
W50 Marlene Simmonds 9.52
Pat Oakes 8.49
Joyce Rammell 7.93
W55 Jackie Charles 8.31
W60 Carina Graham 7.91
Betty Steedman 7.50
Mary Holmes 6.87
W75 Mary Wixey 5.33

Shot Put
M40 Ian Lindley 14.36
David Abernethy 12.96
Stephen Archer 12.40
M45 Neil Griffin 13.90
Merrik Bousfield 12.33
James Edwards 12.25
M50 David Myerscough 14.13
Paul Greenall 12.73
Michael Hazlewood 11.10
M55 John Scott 13.35
John Walters 11.46
William Gentleman 10.15
M60 Michael McGarry 11.08
Barrie Strange 11.01
Colin Brand 10.65
M65 John Watson 10.30
Clifford Taylor 9.85
William Mann 9.32
M70 Edwin Cheetham 8.62
M75 John Dooley 6.96
M80 Bernard Metcalfe 7.13
W35 Wendy Dunsford 11.35
Claire Cameron 11.17
Jenny Brown 10.64
W40 Jennifer Cunnane 9.63
Susan Hall 8.88
Gwen McFarlane 8.31
W45 Caroline Marler 8.87
Vivienne Kirkland 6.74
Janette Turner 6.51

W50 Valerie Parsons 8.20
Joyce Rammell 8.00
Elaine Mee 7.83
W55 Evaun Williams 11.86
Jenny Evans 7.34
Jackie Charles 7.15
W60 Rosemary Chimes 11.30
Anne Martin 8.14
Mary Holmes 6.37
W65 Marie Grant-Stevens 6.46
Discus
M40 David Abernethy 42.10
Michael Small 36.68
Michael Carr 27.40
M45 Neil Griffin 41.10
William Renshaw 36.62
Anthony Richards 33.10
M50 David Myerscough 42.62
Chris Ellis 41.66
Michael Hazlewood 38.20
M55 William Gentleman 37.32
Jack Kee 36.12
Pat Conboy 34.46
M60 Michael McGarry 36.82
Colin Brand 34.18
Victor Naismith 34.14
M65 Denis Field 35.46
John Watson 34.88
Jaroslav Hanus 34.22
M70 Edwin Cheetham 22.16
M75 Les Williams 18.68
John Dooley 17.44
M80 Bernard Metcalfe 18.14
W35 Claire Cameron 40.06
Karen Sharp 32.58
Wendy Dunsford 30.06
W40 Jennifer Cunnane 31.38
Gwen McFarlane 27.92
Brenda Evans 25.68
W50 Marlene Simmonds 27.70
Joyce Rammell 27.02
Rosemary Champion 22.78
W55 Evaun Williams 27.58
W60 Rosemary Chimes 31.28
Anne Martin 19.32
W65 Marie Grant-Stevens 16.48
W75 Mary Wixey 11.42

Hammer
M40 Malcolm Fenton 57.12
Michael Small 43.90
Stephen Thomas 42.02
M45 Alan Woods 45.12
Brian Lockley 44.86
Merrik Bousfield 40.22
M50 Christopher Melliush 51.08
Kenneth Prior 45.66
Richard Warren 39.26
M55 William Gentleman 49.06
Jack Kee 47.16
Pat Conboy 42.02
M60 David Bayes 37.16
Tom McNab 36.82
Michael McGarry 36.60
M65 Philip McEvoy 38.06
John Watson 35.50
Jaroslav Hanus 29.94
M70 Edwin Cheetham 26.26
M80 Bernard Metcalfe 16.36
W35 Jenny Earle 37.48
Claire Cameron 34.98
Wendy Dunsford 37.12
W40 Jennifer Cunnane 47.06
Beatrice Simpson 33.70
Kim Weaving 25.76
W50 Lesley Shrobbree 37.02
Maureen Jones 27.78
Joyce Rammell 27.22
W55 Evaun Williams 38.98
Linda Fogg 29.54
W60 Anne Martin 23.18

Javelin
M40 David Abernethy 54.64
Garth Holder 44.40
Roger Wharton 31.16
M45 Robert Richards 47.12
Philip Bramford 44.60
Christopher Arnold 42.84
M50 Mike Turner 46.36
Michael Hazlewood 43.36
Peter Cramp 41.46
M55 George Eccles 41.30
Tony Mackay 36.32
William Hudson 36.10
M60 Gerald Ratcliffe 45.46
Joseph Phillips 44.70
Colin Brand 38.98
M65 Denis Field 36.30
Hector Mein 27.74
Clifford Taylor 27.10
M75 John Dooley 20.84
Alan Lovett 19.30
W35 Manndy Laing 33.40
Danea Herron 30.78
Hazel Barker 23.24
W40 Jennifer Cunnane 27.94
Carole Morris 27.94
Brenda Evans 27.30

W45 Theresa Stoneman 25.74
Janette Turner 15.36
W50 Carol Rafferty 27.44
Margaret Woodger 21.42
Pat Oakes 19.98
W55 Evaun Williams 32.76
W60 Carina Graham 28.42
Mary Holmes 21.68
W75 Mary Wixey 13.66
3000m Racewalk
M45 Barry Hardwick 14-58.13
Chris Senior 19-39.95
M50 Robert Care 13-10.09
M55 John Whyte 15-58.10
M60 David Stevens 15-50.89
Charles Dunn 16-21.77
Collin Stapleford 16-28.27
M65 D Fotheringham 16-27.7
Denis Withers 18-04.2
Patrick Burns 18-07.3
M70 Karl Abolins 18-14.0
Edwin Grocock 18-23.7
Karl Abolins 18-14.0
M75 Charles Colman 18-30.2
W35 Karen Ratcliffe 15-50.0
Elaine Worth 17-43.5
Karen Ratcliffe 15-50.0
W40 Cath Reader 16-22.9
W45 Ann Lewis 16-00.4
Sheila Bull 19-14.8
W50 Sally Haynes 20-39.0
W60 Pam Horwill 18-52.7
Gloria Burns 21-40.6
W65 Anne v Bismarck 20-53.8
5000m Racewalk
M45 Barry Hardwick 26-17.3
Chris Senior 33-37.7
M50 Robert Care 22-39.0
M55 John Whyte 27-09.5
M60 David Stevens 27-13.8
Charles Dunn 27-48.5
Ronald Powell 28-29.7
M65 D Fotheringham 27-30.98
Patrick Burns 30-42.82
Denis Withers 30-50.06
M70 Karl Abolins 30-52.25
Edwin Grocock 30-59.72
M75 Charles Colman 31-32.60
W35 Karen Ratcliffe 26-52.07
Elaine Worth 30-05.17
W40 Cath Reader 27-52.90
W45 Ann Lewis 26-55.75
Sheila Bull 32-12.64
W50 Carole Brown 31-53.05
Sally Haynes 35-00.89
W55 Jenny Evans 34-23.49
W60 Pam Horwill 31-56.60
Gloria Burns 35-27.98
W65 Anne v Bismarck 35-37.99

Dutch National Championships
July 6

100m
M40 Felix Sedny 12.23
M45 Kees Bakx 11.98
M50 Hans Schouten 12.65
M55 Gerard Sengers 12.57
M60 Pieter Schouten 14.17
W35 Ria Mistry 13.98
W40 Tilly Verhoef 12.76
W45 Rini Hagenaars 13.23
W50 Marja Broers 15.37
200m
M40 Rob Klarenbeek 24.96
M55 Gerard Sengers 25.99
M60 Geert Dijk 27.78
W35 Agnes Popkema 28.23
W40 Tilly Verhoef 25.47
W45 Rini Hagenaars 27.52
W50 Marja Broers 30.70
400m
M40 Ruud Wieles 53.59
M45 Wim Threels 53.35
M50 Wim Schreuder 57.84
M55 Robert Kila 61.28
M65 Boy Heemstede 67.98
W40 Tilly Verhoef 58.84
W45 Lena Jansen 65.05
800m
M40 Henk Eck 1:59.30
M45 Theo Linssen 2:02.12
M50 Ronalds Mercelina 2:12.85
M55 Boy Heemstede 3:02.21
W35 Anja Matakana 2:24.27
W40 Dineke Kok 2:39.88
W45 Greetje Smit 2:45.49
W50 Corry Keyzers 2:37.01
1500m
M40 Ruud Vd Laan 4:11.32
M45 Theo Linssen 4:18.84
M50 Nico Brakhanhoff 4:46.89
M55 Ad Heijdens 4:33.87
W45 Leny Vd Plas 5:02.58

5000m
M40 Cees Kraayeveld 15:09.07
M45 Ton V. Doom 16:05.85
M50 Rini Oele 17:40.89
M55 Peter Kiezer 18:57.37
M60 Siem Herlaar 18:21.61
W35 Geeske Jansen 17:47.02
W40 Mariane V. Velzen 19:24.74
W45 Tilly Vd. Laar 18:20.68
W50 Els Raap 18:34.72
W55 Ria Duivenvorde 21:15.55
Hurdles
M40 Martin DePater 16.26
M45 Wim De Ronde 18.53
M50 Frank Larsen 16.26
M55 Peter Blommestijn 16.51
M60 Kees Van Giezen 18.64
M65 Frans Buys 14.85
W45 Rini Hagenaars 12.34
W50 Laura Blommestijn 14.83
Long Hurdles
M40 Martin DePater 56.97
M45 Cee Berg 66.86
M50 Frank Larsen 66.70
M60 Kees V. Giezen 52.02
W50 Leny Herstel 67.32
Steeplechase
M40 Arthur Koreman 10:46.20
M45 Steel Kijne 10:19.23
High Jump
M40 Wim Roosen 1.80
M45 Jan Huybers 1.85
M50 Ed Molenmaker 1.67
M55 Rob Bleijert 1.55
M60 Jan Kempe 1.30
M65 Arend Koet 1.30
W35 Sjan Roest 1.54
W40 Janine Kortbeek 1.51
W50 Laura Blommestijn 1.35
Pole Vault
M40 Frans Vd. Ham 4.00
M50 Kees V. Giezen 2.60
Long Jump
M40 Wout V. Drunen 5.90
M45 Marc V. Vliet 5.70
M50 Cor Kanbier 5.47
M55 Gerard Sengers 4.73
M60 Kees v. Giezen 4.48
W35 Evie Roelands 5.02
W45 Rini Hagenaars 4.85
W50 Laura Blommestijn 4.08
Triple Jump
M40 Wout V. Drunen 12.09

M45 Glenn Gentle 12.43
M50 Frank Larsen 10.87
M80 Theo Hoekstra 5.34
W35 Evie Roelands 10.98
W40 Janine Kortbeek 9.28
W50 Laura Blommestijn 8.78
Shot Put
M40 Joop Vd. Laar 13.88
M45 Hennie V. Wijk 12.60
M50 Jacq Janssen 12.93
M55 Frits Martens 12.03
M60 Wim Fokker 12.83
M65 Jan Smit 10.26
W35 Hanny Ebbekink 10.14
W40 Tine Schenkels 12.43
W45 Mariet Thomas 10.54
W50 Annie V. Anholt 11.11
Discus
M40 Nico V. Noort 43.96
M45 Hennie V. Wijk 36.08
M50 Kees Betlem 45.86
M55 Jan Pronk 40.60
M60 Wim Fokker 41.10
M65 Jan Smit 38.66
W35 Hanny Ebbekink 38.28
W40 Anneke DePater 37.82
W45 Rina Ter Braak 27.24
W50 Annie V. Anholt 38.46
Hammer
M40 Peter V. Noort 60.24
M45 Martin Regtop 45.08
M50 Frits V. Buuren 43.94
M60 Jeltje Doornbosch 31.08
M65 Jan Smit 33.34
W40 Tineke Vd. Berg 26.50
W50 Anne Van Anholt 29.24
Javelin
M40 Dirk Kooreman 63.36
M45 Glenn Gentle 48.34
M50 Jan V. Empel 45.74
M55 A L Vd. Zalm 24.78
M60 Wim Fokker 43.24
M65 Jan Smit 23.52
M80 Theo Hoekstra 15.46
W35 Mariet Voskamp 37.64
W40 Henny V. Kruchten 32.86
W45 Rina Ter Braak 28.64
5000m Racewalk
M40 Henk Plasman 22:41.41
M45 Philip Krul 26:20.15
M50 Ad V. Ooyen 29:55.13
M60 Nico Schroten 27:10.66

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Clarion River Half-Marathon
Cook Forest St. Park, PA; April 5

Overall
Jeff Foster 40 61:37
Mariann Foster 27 83:13
M40 J Foster 61:37
Malcolm East 2nd 72:49
Carl Bialo 3rd 73:13
S M Courtney 5th 74:52
M45 Jim Neigh 84:43
David Haring 85:57
Tim Toale 85:58
M50 Dick Amato 58 84:38
Barry Firestone 50 85:15
M60+Carl Trimmer 63 93:39
W40 Cindy Grimm 45 90:24
Terry Maher 42 97:46
W50 Kathy Shoaf 50 1:44:31
W60+Margretta Lutz 681:55:03

Trevira Twosome 2-Mile Run
and 10K
Central Park, NYC; April 26

2-Mile
Combined Age 80-89
Chris Day/Maureen Barry 24:10
Robert Kahn/Elen Kvinta 24:20
Combined Age 100-119
Witold Bialokur/Nora Serna 23:55
Jim Aneshansley/Regina Cahill 24:23
Combined Age 120-139
John Mc Manus/Ann Makoske 28:04
Albert Puma/Margaret Scaglione 34:01

Combined Age 140+

Tim Dyas/Toshiko D'Elia 31:59
Albert Goldstein/Muriel Merl 34:49

10K

Combined Age 80-99

William Bainardi/Kari Profit 1:14:33
Terry Horton/Lorna Metzger 1:16:58

Combined Age 100-119

Herbert Navarro/Linda Sutherland 1:21:01
Carl Fiorillo/Angela Conte 1:29:28

Combined Age 120-139

Philmore Brewer/Bertha Bellinghausen 1:29:06
John Dugdale/Wen-Shi Yu 1:30:47

Combined Age 140+

Vincent Carnevale/Daisy Klein 2:12:51

Pike's Peak 10K
Rockville, MD; April 27

Overall
Tom Schuler 33 30:22
Bea Marie Altieri 30 35:36
M40 John Doub 31:51
Peter Kirk 32:24
Jim Whitnah 32:47
M45 Steve Ruckert 33:33
Ken Umbarger 35:40
Ridge Kelley 35:52
M50 Leo Villano 37:45
Ed Doheny 37:56
M55 Warren Prunella 39:38
Continued on next page

Continued from previous page

Art Morey	40:30
M60 Norm Miller	41:27
M65 Larry Dickerson	40:56
M70 Walt Washburn	47:43
M75+Frank Pierce	49:39
W40 Betty Blank	41:07
Marcia Allen	41:17
W45 Gwen Torchia	40:44
Susan Humphries	40:48
W50 Nancy Pleasant	43:54
W55 Sharon Dolan	41:46
W60 Charlotte Edwards	48:26
W65 Mary Merlene	63:10
W70 Kay Morrison	57:45

KeyBank Vermont City Marathon Burlington, VT; May 25

Overall	
Tim Schuler 33	2:18:58
Mary Lynn Currier 33	2:42:20
M40 Brad Hawthorne	2:21:32
Dan Vogt	2:41:27
Steve Bremner	2:42:02
Bob Lennox	2:42:30
Michael Brennan	2:48:26
Gordon Horner	2:49:38
Kim Viuk	2:53:28
Ronald Johnston	2:53:50
Paul Ode	2:53:57
Jonas Aviza	2:55:09
M45 Don Slusser	2:41:31
Jean Gauthier	2:44:48
Richard Larsen	2:49:19
Frank Ciampini	2:51:21
Tom Powers	2:53:49
Jean Levesque	2:54:52
Tony Treanor	2:55:46
Paul Vinci	2:57:17
John Wertsching	3:00:11
Ralph Swenson	3:00:34
M50 John Morton	3:05:04
Joel Sutton	3:07:01
Clifford Walker	3:07:24
Pierre Gendron	3:09:49
E Veronneau	3:09:58
Darryl Ferguson	3:10:11
Claude Letorneau	3:10:25
Bob Hartwell	3:13:54
M55 Edward Brown	3:03:40
Yvon Vallee	3:19:44
Joe Puglisi	3:21:04
Stan Neumann	3:21:11
Al Sproul	3:21:40
Elmer Canfield	3:24:18
Rich Rudert	3:27:51
M60 Fitzroy Mark	3:12:35
David Sonstroom	3:14:33
Paul McDermott	3:19:35
Marvin Howard	3:30:20
Dick Green	3:31:01
M70 Web Williams	4:37:11
Gerard Tremblay	4:39:23
W40 Jenn MacDonnell	3:02:06
Barbara Bellows	3:03:08
Carol Allain	3:20:33
Heather McKeown	3:21:59
Gail Breslow	3:23:58
Julie Calabrese	3:28:37
Sandy Dupuis	3:30:51
Karen Lui	3:33:07
W45 Janet Labuc	3:10:24
Dorothy Helling	3:19:37
Sue Bronson	3:29:45
Kathryn Fagan	3:32:53
Betsy LaFlame	3:36:45
Kathi Peck	3:40:18
Cecile Fontaine	3:42:39
Susan Juroncis	3:43:55
W50 Karol Dermon	3:59:02
Lynn Mather	4:07:31
Eleanor Slattery	4:15:44
Jane Iaculli	4:36:24
W55 Sharon Dolan	3:32:59
Sadi Bartolo	4:15:44
W60 Jean Thomas	4:19:08

Lawyers' Have A Heart 5K & 10K Washington, DC; June 1

-5K-	
Overall	
Robert Lotwis 25	15:19
Kim Saddle 27	17:02
M35 George Mros	16:51
Johnnie DeLoach	21:57
Tim Hart	22:00
M40 Jim Darr	19:58
Vic Culp	20:27
Ted Howard	20:28
M45 Mike Mutek	19:33
Jim Stine	19:43
Bill Osburn	19:47
M50 James Bates	20:29
Franklin Willis	20:49

M55 Steve Forman	20:14
Chan Robbins	20:57
M60 Erwin Krasnow	34:18
M65 Joseph Deak	28:01
M70 Paul Lackey	24:17
W35 Chris Newsham	20:26
Beth McCann	20:26
Colette Powers	21:00
W40 Peggy Sturn	27:07
Brandy Anderson	28:57
W45 Christina Goldman	25:46
Margaret Doty	29:14
W50 MaryEllen Gonyea	23:58
Helen Freeman	25:27
W55 Marjorie Siegel	51:03
W60 Lillian Wolf	42:20
W65 Jacky O'Neil	34:56
W70 Sister Maria	55:04

-10K-

Overall	
Testaye Bekele 26	30:54
Megan Holden 27	37:47
M35 Jim Hage	32:19
Andrew Smythe	36:04
David Keating	37:33
M40 David Bollinger	35:56
Ed Ryan	37:20
Tom Cloark	38:14
M50 Alan Weiss	44:14
Luis Jones	44:30
M55 Cal Fowler	41:19
Warren Prunella	41:49
M60 Alvin Marcy	47:48
M65 Tom Jones	52:10
M70 Bob Martin	45:49
Dixon Hemphill	48:43
W35 Cecilia Lutz	38:53
Eva Spivak	45:28
Lynn Vendinello	45:42
W40 Helen Hiser	43:30
Joanna Schrock	45:45
Linda Sheimo	46:03
W45 Kate Boyce	47:20
Jeanine Matte	49:04
W50 Heidi Pirie	43:50
Darla Wang	48:39
W55 Janice Stoodley	46:20

Long Island Police Apprentice 5K Eisenhower Park; June 5

Overall	
Rick Burlew 21	15:38
Liz Flahavan 33	18:45
M35 Scott Gorman	17:04
Bob Kish	18:37
Dan Schleyer	19:26
M40 John DelMaestro	17:27
John DiCamillo	17:51
Chris McKnight	17:53
M45 John Lupski	17:55
Kieran Kelly	18:41
Ed Napolitano	18:52
M50 Lutz Hoffman	19:03
Denis Brazil	19:39
Emanuel Chosak	19:42
M55 Joe Cordero	18:39
Jose Mendez	19:30
Alex Flyntz	20:00
M60 Jack Hanley	22:21
Doug Nedorost	23:07
M65 Alan Druckman	25:54
Sam Soccoli	26:28
M70 John McManus	23:53
Bert Jablon	24:34
M75+Bill Benson 77	29:10
Mel Friedel 76	30:09
W35 Lorraine Ellis	19:53
Lori McKeough	20:52
Eliz TerryMcGaunn	23:51
W40 Joan Woletsky	24:46
Jeanne Abele	24:51
R R Pfadenhauer	24:55
W45 Evelyn Arenella	24:43
Michele Powers	25:04
Susan Nesbital	25:45
W50 Mary Ryan	21:25
Kathy Lindsley	22:59
Irene Robinson	25:11
W55 Elaine Graham	28:09
Pat Delaney	28:09
W60 Alexandra Finger	28:17
Ruth Sturgess	31:16

Race for the Cure 5K Washington, DC; June 7

Overall	
Ray Pugsley 28	14:31
Jackie Concaugh 22	16:59
M30 Jim Hage 39	14:39
Jeff Melkowitz	15:16
Kurt Kroemer 36	15:32
Chris Moore	15:46
Jim Garster 30	15:48

Paul Jacobson 33	15:59
Steve Morrell 33	16:03
Joseph Daniels 30	16:04
Brian Grzelak	16:14
M40 Bob Briggs 40	16:09
Kevin Ellis	16:54
Richard Adams	16:56
Kevin Ovenstrom	17:19
Jay Wind 47	17:28
Jack Barrar 45	17:39
Larry Elis 43	17:53
Gregory Price 40	17:53
Don Wilson	17:56
M50 Patrick Griffith 52	17:38
Francisco Sanches	18:49
Michael Golash 54	18:52
Charlie Ross 59	19:08
Bernie Gallagher	19:34
Bob Cahse	19:53
James Wolcott	19:57
M60 Larry Dickerson 65	20:17
Patrick Shea	22:18
Frank Gignac	22:28
Roger Coyle	22:54
George Peyton	23:15
Donald McCarten	23:23
M70 Dixon Hemphill 72	22:32
Bill Osburn 73	24:47
William McCulloch	31:45
Norman Friedman	32:03
W30 Fiona Branton 38	18:48
Jeanne Grillo	18:55
R Humphrey 33	18:57
Fay Slattery	19:19
Susan Rizziero 30	19:20
Ann Conlin	19:31
Codi Dudley 37	19:33
K Dirosato 32	19:44
W40 Linda Wack 41	18:18
Mary Jo Donovan	19:19
Jayne Fitzgerald	19:30
Claudia Piepenburg	20:03
Merrilee Seidman	21:21
Livette Garber	21:51
W50 Heidi Pirie 52	20:48
Margaret Lenord	22:02
Dee Nelson 53	22:34
BJ King	22:48
Lynne Hays	23:30
W60 Doralie Segal 67	24:20
Helenann Phillips	28:01
Lauren Sandler	31:28
Jacqueline O'Neil	33:03
Georgia Saffo	33:07
W70 Hannah Horowitz	25:50
Mary Desautels	33:11
Valerie Hardee	37:30
Georgia Adams	37:52

Overall	
Robert Lotwis 25	25:43
Heidi Gerken 35	29:10
M40 Tom Clark	30:06
Jim Fowler	37:50
M45 Ed Zigo	31:39
Kevin Apsley	31:48
M50 Allan Schlesinger	43:26
M55 Jim Parsons	34:37
M60 Gus Molina	57:55
M65 D P Seely	41:31
W40 Wanda Dodson	46:23
W45 Claudia Fletcher	36:45
Nancy Greenberg	41:46
W50 Ellie Thayer	37:29
W55 Judy Kierman	46:32
W65 Marilyn Shafer	nta

Pennsylvania Avenue Mile Washington, DC; June 14

M30 Jesse Smith 33	4:37.62
Chas Ferguson 32	4:45.34
Ted Poulos 35	4:51.10
Curtis Davis 39	4:54.35
R J Spalding 34	4:58.03
M40 Bruce Hamilton 41	4:31.08
Paul Ryan 46	4:38.43
Steve Ruckert 43	4:50.54
Jay Wind 47	4:52.42
Dante Ciolli 42	4:52.70
M50 Fay Bradley 59	4:54.54
John Haubert 54	5:17.89
Gary Chidester 50	5:24.50
Tom Tudor 53	5:30.50
M60 Larry Dickerson 65	5:43.61
Tom Kurihara 61	5:55.98
Tom Moriyama 65	6:06.35
M70 Dixon Hemphill 72	6:21.15
W30 Natalie Hughes 39	5:14.92
Teren Block 31	5:25.19
Fiona Branton 38	5:25.68
W40 Suzanne Mink 44	6:18.64
Harzell Stringer 44	6:31.74
W50 Chris Stockdale 53	5:39.11
Maryeln Gonyea 56	5:45.16
W60 Tami Graf 60	7:00.08

SOUTHEAST

Airport Super Run 10K & 5K Sarasota, FL; April 5

-10K-	
Overall	
Muchapiwa Mazano	31:31
Kimberly Bruce	38:20
M40 John Walters	37:24
M45 Arthur Paterson	40:37
M50 Tom Bedford	41:47
M55 Peter Robinson	43:46
M60 Chet Fortier	42:08
M65 Myron Meyer	45:02
M70 Pat Gallagher	48:18
M75 John Laughlin	61:26
W40 Karen Lul	45:18
W45 Susan Kersey	57:48

W50 Sue Ellen Trapp	43:58
W55 Carol Meadowcraft	49:42
W60 Etisuko Teshima	54:17
-5K-	
Overall	
Muchapiwa Mazano	15:36
Kerry Arsenault	17:50
M40 Gary Algozzine	18:28
M45 Dave Burke	19:09
M50 Rich Quevillon	18:58
M55 James Hicks	20:52
M60 Boris Freiss	20:46
M65 Don Tinker	22:52
M70 Carl Hammen	24:24
M80 Ray Grills	nta
W40 Mary Quinn	20:11
W45 Aurella Panica	25:44
W50 Sue Ellen Trapp	22:21
W55 Carol Marcus	29:49
W60 Ann Morgan	30:12
W65 Barbara Keddle	43:46
W70 Muriel Carlyle	38:29
W80 Mary Haines	43:24
from C Hammen	

Patriot's Cup Corporate Challenge 8K George Mason U., VA; May 4

Overall	
Robert Lotwis 25	25:43
Heidi Gerken 35	29:10
M40 Tom Clark	30:06
Jim Fowler	37:50
M45 Ed Zigo	31:39
Kevin Apsley	31:48
M50 Allan Schlesinger	43:26
M55 Jim Parsons	34:37
M60 Gus Molina	57:55
M65 D P Seely	41:31
W40 Wanda Dodson	46:23
W45 Claudia Fletcher	36:45
Nancy Greenberg	41:46
W50 Ellie Thayer	37:29
W55 Judy Kierman	46:32
W65 Marilyn Shafer	nta

DeBary 5K DeBary, FL; June 22

Overall	
Brad Millett 16	17:08
Becky Pouch 19	19:13
M35 Roger Travis	18:44
Bob LaPlante	18:52
Scott Reagan	20:21
M40 Paul Hextell	18:48
Todd Boring	21:14
Dan Williamson	23:47
M45 James Taylor	18:21
Spencer Crawfis	18:48
Wm Smith	19:57
M50 John Keele	19:17
Tom Hoffman	19:36
Ron Allison	21:55
M55 Bob Buzzetti	22:35
Lee Armstrong	24:14
Bill Pons	24:21
M60 Don Nygaard	22:51
Frank French	28:51
M65 Epifanio Agosto	22:27
Harley Hoffman	23:55
M70 Frank Canty	46:28
W35 Marie Ciri	20:15
Melissa Astrauskas	20:28
Anita Holder	21:07
W40 Michelle Hamel	22:08
Louise Douglas	25:58
Penny Jacobs	29:53
W45 Brenda Hartz	23:10
Martha Carswell	28:32
Valerie Scott	30:54
W50 Pat Reidelshies	24:38
Jody Mahonik	28:47
W55 Vye Galloway	31:57
Judy Reeves	44:23
W70 Mary Canty 72	40:39

Firecracker 10 Mile Daytona Beach, FL; June 28

Overall	
Keith Swadkins 44	58:32
Helen Simmons 33	71:28
M35 Ed Gocek	62:10
Johnny Duncan	65:15
David Peterson	68:00
M40 Keith Swadkins	58:32
Bill Phillips	64:09
Tom Lincul	64:10
Paul Hextell	68:32
M45 Bernie Candy	61:47
Buck Harbuck	68:13
Tom May	69:02
M50 Frank Frazier	69:49
Dennis Testa	70:40
David Kelley	72:36

M55 John Boyle	65:48
Pat Zier	74:44
Pete Kramer	77:51
M60 Chas Desrosier	83:24
Gary Sydnor	92:19
M65 Jim Blount	76:45
Epifanio Agosto	82:06
M70+Sam Maxwell 72	1:51:05
W35 Barb Compton	76:58
Denise Dailey	82:02
Gale Casey	82:59
W40 Stephanie Griffith	76:08
Shawn Snow	81:27
Janice Cole	85:36
W45 Paulette Gavan	79:26
Jean Harrison	90:42
Janet Szakovits	93:35
W50 Judy Cole	85:02
Sandee Rodolf	91:08
M Thoralsson	96:35
W55 Patt McEvers	nta

Peachtree Road Race 10K Atlanta, GA; July 4

Overall	
Joseph Kimani 24	27:43
H Kimaiyo-Kipkoskei 28	31:21
M40 Steve Plascencia	29:51
Martin Pladragon	30:19
Tom Stevens	31:23
John Barbour	31:44
Richard Ledoux	31:

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUGUST 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GEOFF BACON (RSA)	8-31-42	55-59
DICK BARTEK (SANTA BARBARA, CA)	8-10-32	65-69
LEE BLOUNT (ST. LOUIS, MO)	8-14-32	65-69
JOHN CLARKE (LOVELAND, CO)	8-25-7	90-94
DAVE DAVIS (SAN JOSE, CA)	8-20-37	60-64
HUBERT DUKE (LOS ANGELES, CA)	8-0-22	75-79
GERALD ENGLAND (IN)	8-5-32	65-69
STEVE FERRAZ (SAN FRANCISCO, CA)	8-11-47	50-54
JOHN GETAS (US)	8-11-22	75-79
VIC HECKLER (CHICAGO, IL)	8-10-42	55-59
ENRIQUE HELF (WG)	8-9-32	65-69
SVEIN OLAV HOILO (NOR)	8-30-27	70-74
BILL JAMES (WICHITA, KS)	8-28-22	75-79
CORDELL LINDSEY (LOS ANGELES, CA)	8-0-32	65-69
TAKURO MIURA (JPN)	8-10-17	80-84
THOMAS O'HARA (PITTSBURGH, PA)	8-26-42	55-59
P. PIPER (AUS)	8-10-27	70-74
HANS PROBST (WG)	8-24-32	65-69
GEORGE SCUTTS (GB)	8-14-17	80-84
CHUCK SOCHOR (GOWEN, MI)	8-16-27	70-74
RUDOLF TOMASEK (CZE)	8-11-37	60-64
GEORGE VANG (NOR)	8-7-2	95+
ALBERTUS VAN ZYL (RSA)	8-13-22	75-79
LAURIE BINDER (OAKLAND, CA)	8-10-47	50-54
KATHARINE BRIEGER (BERKELEY, CA)	8-5-32	65-69
ALBERTA CODD (CA)	8-0-37	60-64
MARY FARNSWORTH (US)	8-12-32	65-69
MAEANN GARTY (SAN DIEGO, CA)	8-26-27	70-74
INGRID GOODBODY (US)	8-13-37	60-64
MARILYN HARBIN (MARTINEZ, CA)	8-30-37	60-64
KAREN HUFF (WILMETTE, ILL)	8-7-42	55-59
SHIRLEY INGRAM (ROSEBURG, OR)	8-3-37	60-64
CAROLYN ISHIDA (HARBOR CITY, CA)	8-9-42	55-59
ANN JANKORSKI (LOS ANGELES, CA)	8-21-47	50-54
PATRICIA LARSON (PRIOR LAKE, US)	8-4-37	60-64
GLADYS LEHMAN (REEDLEY, CA)	8-2-22	75-79
ELIZABETH MESSENGER (THORNTON, NH)	8-30-27	70-74
BARBARA MOELLER (US)	8-20-37	60-64
MOLLY MONHEIT (LAFAYETTE, CA)	8-5-22	75-79
SUSAN POST (PORTLAND, OR)	8-13-52	45-49
MARILLA SALISBURY (SAN DIEGO, CA)	8-18-7	90-94
EVELYN SCHMIDT (ST. LOUIS, MO)	8-29-27	70-74
BARBARA STRATTON (FREMONT, CA)	8-2-47	50-54
DIANE YOUNG (SARATOGA, CA)	8-10-42	55-59
MARGARITHA DAHLER (SUI)	8-21-47	50-54
JOYCE GREEN (AUS)	8-24-27	70-74
LYUBOV GURINA (URS)	8-6-57	40-44
URSULA HOENBERG (WG)	8-9-52	45-49
ANNETTE HORSNELL (NZ)	8-7-37	60-64
LYUBOV KARPOVA (RUS)	8-14-57	40-44
SIRKKA KAUPPINEN (FIN)	8-23-37	60-64
ILSE KIRSTEN (WG)	8-17-27	70-74
SIRPA MARTILA (FIN)	8-7-42	55-59
HEATHER MAY (NZ)	8-4-22	75-79
SUSAN ELEANOR THOMSON (GB)	8-7-32	65-69
CHRISTA VOSS (WG)	8-20-42	55-59
VALERIE YOUNG (NZ)	8-10-37	60-64
TOM HARTMAN (CRANFORD, NJ)	8-16-42	55-59
JEFF TINDALL (STANTON, NJ)	8-16-42	55-59

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NATIONAL MASTERS NEWS

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Name _____

Address _____

City _____ State _____ Zip _____

W40	Carole Smith	32:04
	Patty Leary	34:31
	Gail Sabanosh	34:52
W45	Sera	37:03
	Sharon Rohmfeld	39:10
	Karen Lancer	41:26
W50	Kim Coe	40:31
	M Montgomery	NTA
	Esther Ellis	NTA
W55	Ruth Bermam	NTA
	Muriel Costello	NTA
	JoAnn Luco	NTA
W60	Sally Reed	NTA

WEST

The Great Trans Ko'olau Trek
10-Mile Run (along the H-3
Freeway in Oahu, Hawaii)
May 11

Overall	
Tatsuo Yuasa	51:24
Azumi Miyazaki	57:20
M40	Lloyd Stephenson 53:17
	Kevin Vietti 58:27
	Steven Anderson 58:56
	Arturo Robeldo Jr 59:53
	Joel Carpenter 1:00:00
	Edward Davis 1:02:02
	Michael Hildreth 1:02:35
	Tom Lawrence 1:04:17
	Pete Trump 1:04:28
	Wayne Prebor 1:05:24

M45	Mel Morita	1:09:08
	Kealii Flood	1:09:42
	Shunichi Akahoshi	1:10:13
	Greg Roussre	1:10:50
	Delbert Brooks	1:11:30
	Larry Mackey	1:11:36
	Brant Bradford	1:12:21
	Glenn Akamine	1:13:26
	Fred Staphenhorst	1:13:47

M50	Michael Kent	1:04:12
	Ron Pate	1:06:20
	Larry Fee	1:06:55
	Thomas Carras	1:07:12
	Fred Kaya	1:07:18
	Benny May	1:09:12
	Brian Clarke	1:10:03
	Richard Moeller	1:10:10

M55	Tony Nonan	1:09:28
	Ron Hill	1:11:28
	Yoshiyuki Inui	1:12:33
	Edward Barvick	1:12:47
	Kirke White	1:13:06
	Jiro Saegusa	1:15:24
	Robert Schultz	1:16:25
	Dennis Toyama	1:22:42

M60	Yutaka Kanao	1:10:45
	Robert Wuthrich	1:11:11
	Stan Im	1:20:24
	Al Samuelson	1:21:12
	Janet Pappas	1:25:46
	Joan Anderson	1:26:26
	Halina Zaleski	1:26:32
	Gratia Pitts	1:26:59

W50	Heather Skerrett	1:17:32
	Judith Webb	1:18:47
	Karen Heaps	1:28:00
	Diane Michels	1:29:03
	Sue English	1:30:42
	Susan LaLanne	1:32:20
	Trudy Sniffen	1:32:59
	Leann Bader	1:33:39

W55	Kay Schleusener	1:27:01
	June Harrigan	1:29:28
	Sharon Calligan	1:35:32
	Judith Hooper	1:39:34
	Sandy Vaur	1:40:22
	Karen Mironaka	1:42:42
	A Summerlin	1:44:11
	Bernice Abraham	1:46:08

W60	Shiori Suzuki	1:19:44
	Akemi Masuda	1:22:40
	Ruth Heidrich	1:19:30
	Diane Stowell	1:31:35
	Jane Dods	1:32:31
	Millie Yamamoto	1:40:09
	Juanita Jacobsen	1:42:13

W65	Barbara Zamparelli	1:36:30
	Ellen Humphrey	1:42:33
	Jan Newhart	1:43:02
	Lillian Okazaki	1:52:01
	Marie Boles	1:57:30
	Clara Tacub	1:57:31

W70	Noriko Suzuki	1:51:00
	Po Adams	2:00:34
	Keiko Asami	2:09:36
	Betty Walker	2:16:27
	Melba Henderson	2:16:53

W75	Margaret Lee	2:24:30
	Bonnie Kilsom	2:34:45
	Maureen Schmahl	2:48:13
	Emma Corrigan	2:51:47
	Evelyn Irvin	2:55:50

W80	Kikue Kimoto	2:53:59
	Tarcila Planas	3:00:14
	Lois Steadman	3:21:27
	Gertrude Cook	4:01:27
	K Matsuyama	4:07:22

Fontana Days Half-Marathon
& 5K
Fontana, CA; May 31--Half-Marathon--
Overall

Gus Quinonez	31	64:03
Kristin Cobb	23	71:33
M40	Fred Arapmayiek	67:08
	Jeff Maddox	73:41
	Herbie Yee	77:46
	Abel Contreras	81:21
	Carlos Castaneda	82:35
	Jim Slespi	83:59

	Steve Marshall	85:35
	Peter Hafner	85:40
M45	Bruce Mauldin	81:57
	Abel Umogbai	85:50
	Jeff Mintz	87:01
	Ildefonso Leal	88:38
	Gale Chatham	88:57
	Francisco Fabian	90:27
	David Claudon	90:34

	Doug Allen	92:20
M50	Wayne Mitchell	75:42
	Joel Sutoe	85:59
	Frankie Dowey	86:35
	Art Byrne	90:21
	Leroy Wilke	90:41
	Robert Ramsay	91:16
M55	Shel Nankin	85:19
	Roberto Vargas	89:23
	Robert King	92:59

	Stan Baker	1:40:20
	Fred Andel	1:41:51
	Hasan Celik	1:43:01
M60	William Wall	84:26
	Nate Spunt	1:40:19
	Steve Dibble	1:43:26
M65	Herb Hoggard	1:40:06
	Pao Paladugu	1:48:40
	Fred Schneider	1:54:32

M70	Allen Bergman	1:55:46
	Tom Hodges	2:00:06
W40	Cori Leone	1:39:57
	Cindy Millar	1:40:13
	Cyndi Goldberg	1:42:59
	Phyllis Bourgault	1:43:33
W45	Carol Richardson	1:25:52
	Adell Williams	1:46:00
	Pam Fisher	1:48:02

W50	Julie Lister	1:28:57
	Mag Utripee	1:55:33
W55	Ursula Rains	1:33:59
	Sandra Johnson	2:12:03
W60	Martha Walker	1:53:48
W65	Kathy Callaway	2:19:48

-5K-		
Overall		

Cosmas Musyoka	25	14:23
Kellie Archuleta	35	15:54
M40	Steve Blum	15:09
	John Tuttle	15:31
	Charles Sanchez	15:45
	Antonio Mazagon	15:46

M45	Don Irvine	15:59
	Don Ocana	16:21
	Bob Randle	18:41
M50	John Hunter	16:43
	Sal Gonzalez	17:09
	Anthony Romero	18:13

M55	Tom Curry	15:34
	Catarino Gonzalez	16:26
	Anthony Gomez	20:27
M60	Sonny Monioz	17:50
	Peter Faust	19:31
M65	Pat Devine	19:36

	Leroy Carter	19:53
M70	Larry Banuelos	21:45
	Joe Fleischmann	25:45
M75	Karl Smith	32:24
M80	J R Smith	32:56
W40	Barbara Moses	22:18

	Terry Heintz	22:52
	Sherry Lindeman	23:17
W45	Carolyn Pelonis	22:29
	Kathy Naruo	23:43
	Mariana Schaffer	23:48
W50	Marchael Bayne	26:32

	Janyth Dison	27:42
W55	Carole Davis	24:29
	Beverly Burrow	41:12
W60	Dolores Vega	26:51
	Michele Parks	31:26

CANADA

Ambleside Masters Road Mile
Coquitlam, BC; June 7

Age	Name	Time	A-G%
56	Herb Phillips	4:50	92.5
60	Stephen Odwin	5:01	92.4
42	Dave Reed	4:22	91.6
45	Debbie Collum	5:06	90.7
48	Peter Ladner	4:38	90.3
67	Frank Kurucz	5:34	89.6
60	Jim Thompson	5:11	89.5
41	Dave McGivern	4:30	88.2
55	Barry Adams	5:02	88.0

40	Brian Blamey	4:29	87.9
67	Lenore Montgomery	6:38	87.7
40	Deb Eerkes-Dove	5:03	87.5
52	Jake Madderom	4:59	86.7
44	Dave Huxley	4:41	86.6
46	Gwyn Woodson	5:25	85.9

RACEWALKING

British National Veterans
Championships 20K Racewalk
Sutton Park, Sutton Coldfield,
England; June 14

M40	Alan King	1:36:57
	Steve Uttley	1:43:45
M45	Brian Adams	1:39:46
	C Tranter	1:49:06
M50	Bob Dobson	1:47:28
	Terry Morris	1:58:49
M55	John Whyte	1:55:39
	Bill Wright	2:02:37
M60	C Young	1:53:15
	Eric Horwill	2:06:26

M65	D Fotheringham	2:00:38
	Dennis Withers	2:08:18
M70	Edwin Grocock	2:09:59

	Karl Abolins	2:14:19
M75	Charles Colman	2:12:46
W35	Sylvia Black	1:43:52
W45	Ann Lewis	1:58:44
	Shela Bull	2:22:45
W55	Pam Fickey	2:10:54

W60	Ann Sater	2:15:55
	Pam Horwill	2:16:33

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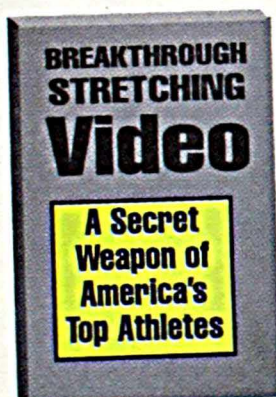
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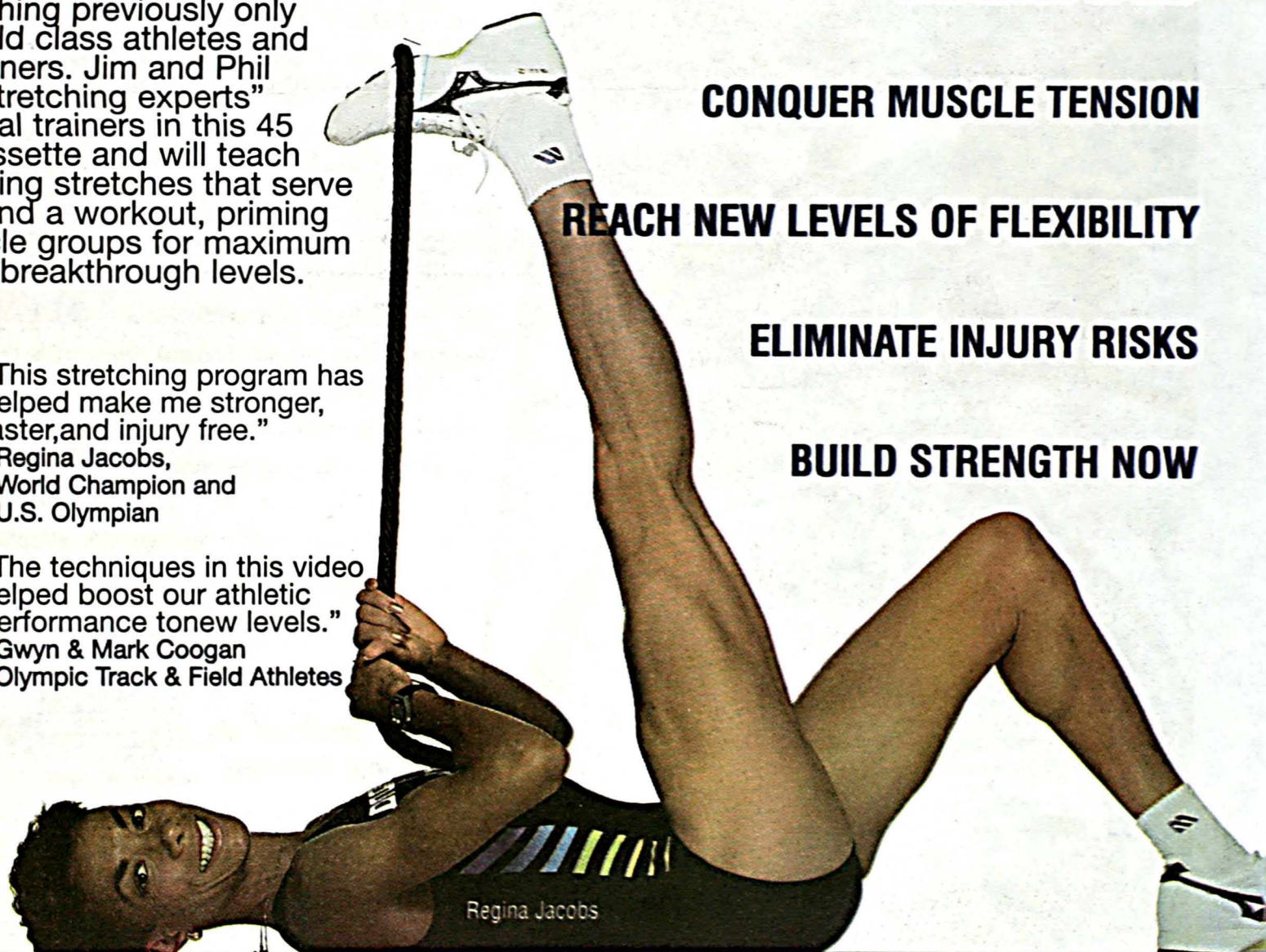


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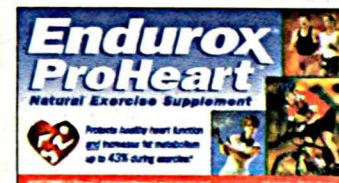
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